

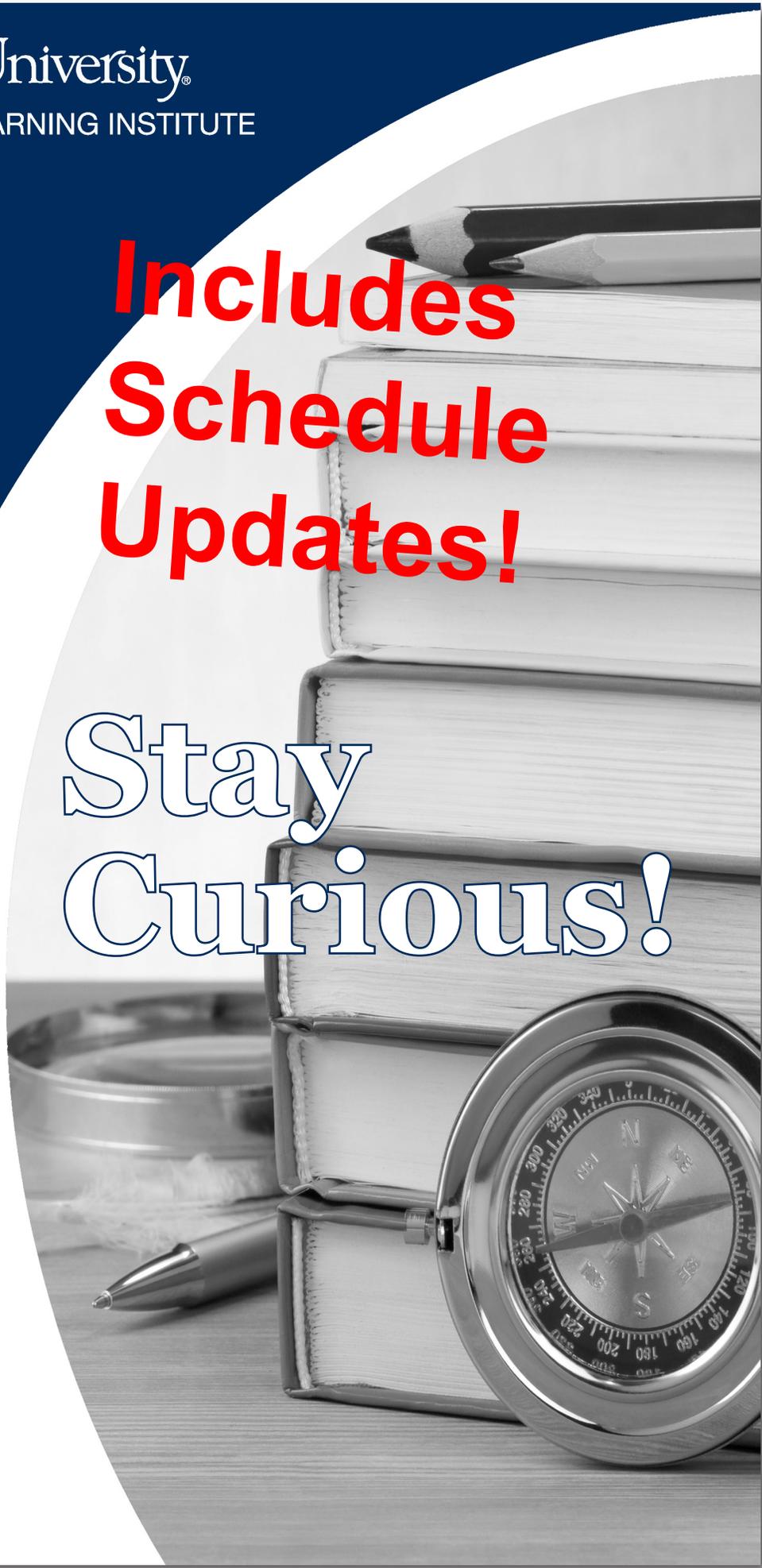


Fall 2022 Course Catalog

Registration
begins
Sept. 12

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Groups, & Events 12
Registration forminsert

olliatwvu.org



**Includes
Schedule
Updates!**

**Stay
Curious!**

About OLLI at WVU

Dedicated to enriching the lives of older adults throughout West Virginia, the Osher Lifelong Learning Institute at West Virginia University (OLLI at WVU), an affiliate of the WVU School of Public Health, is a member-driven organization whose mission is to promote connection, curiosity, exploration, discovery, and discussion through learning and social engagement in non-credit classes, lectures, field trips, and events designed for adults 50+.

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. Founded in 1977 by Bernard Osher, a respected businessman and community leader, it has funded a national network of 125 Osher Lifelong Learning Institutes. Funding for OLLI is contingent upon membership growth goals, so **membership matters**. To learn more about the Bernard Osher Foundation, visit www.osherfoundation.org.

Contact Us

Osher Lifelong Learning Institute at WVU
(304) 293-1793 • www.olliatwvu.org • olli@hsc.wvu.edu

Main office (Morgantown)
Mountaineer Mall, Suite C-17
5000 Green Bag Rd.
Morgantown, WV 26501

Kanawha Valley office
Schoenbaum Family Enrichment Center
1701 5th Ave.
Charleston, WV 25387

We recommend calling ahead or making an appointment as office hours may be limited.

OLLI Board of Directors (2022-2023)

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Jascenna Haislet, Director
Michelle Klishis, Professional Technologist
Diane Cale, Program Assistant
Susan Martino, Program Assistant

Mark Your Calendar for These Important Dates

Winter quarter - Jan. 17 - Mar. 10, 2023

Winter course proposals due	Oct. 10
Winter registration begins	Jan. 3
Morgantown In-person Open House	Jan. 10
Virtual Open House	Jan. 11
Kanawha Valley In-person Open House	Jan. 12

Spring quarter - Apr. 10 - June 2

Spring course proposals due	Jan. 2
Spring registration begins	Mar. 21

Summer quarter - begins July 10, 2023

Summer course proposals due	Mar. 23
Summer registration begins	June 20

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

- OLLI member

From Our Director

Welcome, or welcome back, to OLLI at WVU for our Fall 2022 term. The arrival of fall is filled with excitement! The changing colors of nature, cooler temperatures, the return of football, sweaters and wool socks, and of course, new school supplies as we go Back to School!

OLLI at WVU makes Back to School fun for everyone, offering the opportunity to learn in a relaxed atmosphere without the stress of tests and grades. With classes in art, film, music, opera, poetry, literature, history, religion, geology, current events, and much more, OLLI will engage and inspire you. Members can choose from more than 60 different lectures, workshops, field trips, and discussion groups from early October through mid-December. Some will meet in-person in the Morgantown area or the Kanawha Valley and some will meet on Zoom, providing members and friends options for participation.

In addition to the course and event descriptions and biographies of our talented instructors, in the following pages you will find information about OLLI membership, different ways to take a class or participate in an event, where to find the latest OLLI news, applying for financial aid (we don't want cost to be a barrier to participation), and more.

You will also see that OLLI offers more than educational experiences. As a member- and volunteer-focused organization, OLLI at WVU offers opportunities to make new friends; share your experiences, knowledge, and skills with others; and support lifelong learning and healthy aging in our communities. Social events, such as our Sunday evening Happy Hours, and community events open to the public are important parts of OLLI's mission.

Fulfilling our mission—to *promote connection, curiosity, exploration, discovery, and discussion through learning and social engagement in non-credit classes, lectures, field trips, and events designed for adults 50 plus*—depends on your participation, feedback, and support.

Volunteering to serve on a committee, work on a project, or perform a specific task is an excellent way to support your lifelong learning program. Contact the OLLI office at olliatwvu@hsc.wvu.edu or 304-293-1793 to ask how you can help.

Jascenna Haislet
Director, OLLI at WVU

Coming Soon!

As you browse the class and event selections in OLLI's fall catalog, you may notice some that show TBA in place of a date and/or time or other missing information.

We want to let you know what you can look forward to during an upcoming quarter but sometimes we don't have all the details when the catalog has to go to print. Rest assured though, the OLLI staff is working diligently to put all the pieces in place and confirm the details as quickly as possible.



If one of these experiences is of interest to you, watch OLLI's Friday e-bulletin for the latest updates or call the OLLI office at 304-293-1793.

You can also check the catalog posted online at <https://bit.ly/36aFysv> or by scanning the QR code to the left.

Follow OLLI at WVU Online

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.

Friday e-bulletin & Emails

Be sure you're signed up for our email list so you don't miss any special news, messages from your instructors, receipts for registration, and more. Email olli@hsc.wvu.edu to be added to OLLI's email list.

You can also access the latest news directly by clicking on the News button on our website at olliatwvu.org

OLLI does not share your email address. We use your address only to inform you of important OLLI information and upcoming events.

On Social Media

- **Facebook** (Osher Lifelong Learning Institute at WVU)
- **Wordpress** (olliatwvu.wpcomstaging.com/)
- **Instagram** ([olliatwvu](https://www.instagram.com/olliatwvu))
- **Twitter** ([olliatwvu](https://twitter.com/olliatwvu))

OLLI Membership

Membership is open to curious adults interested in programs designed specifically for those 50 and over who want to engage socially and intellectually.

Benefits

- *The opportunity to learn and to meet new friends.*
- *Discounts on travel and events in the community.*
- *At least one free Special Member Event per term.*
- *Access to the OLLI collection of Great Courses DVDs and books.*
- *A voice in OLLI governance.*
- *The right to be added to a course wait list.*

**Annual
membership
\$30**

Membership year runs
July 1st to June 30th

**Quarterly
registration fee
\$35**

for unlimited courses
*(payable only during quarters in
which you register for classes)*

* Other fees may apply and are noted
on individual courses, events, or groups.

How to Register

The fall quarter runs October 3rd through December 17th.

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

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

- Online at <https://wvusph-olli.augusoft.net/>.
- Call the OLLI office at (304) 293-1793.
- By mail, using the enclosed membership/registration form.

Mail to: OLLI at WVU

5000 Green Bag Rd
Morgantown, WV 26501

Please make checks payable to the WVU Foundation.

*If you pay with a credit or debit card, the charge will show as:
WV OLLI.*

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

**Fall Registration begins
September 12, 2022**

Register Anytime!

Registration remains open throughout the quarter.

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, fee waivers are available. To apply, ask for a confidential application at the OLLI office or fill out the application form on our website at olliatwvu.org. All applications and information submitted are kept strictly confidential.

Taking a Class with OLLI @ WVU

OLLI classes and events may be offered in one of four ways for members to participate. Classroom method and location are listed in the class description. These include:

In-person or on Zoom?

- **In-person only**
 - Instructor will be present in the classroom with OLLI members.
- **Online only** - Instructor and participants will meet via Zoom.
- **Hybrid** - Instructor will be present in the classroom with OLLI members. Other members can participate via Zoom.
- **Hybrid with streaming** - Instructor will not be in the classroom but teaching via Zoom. The class will be streamed to an OLLI classroom. OLLI members can participate via Zoom at home or come to an OLLI classroom to do so. These classes are indicated by the symbol ♦ next to the classroom location.

When registering for hybrid or hybrid with streaming classes, please indicate on the form in which ways you would prefer to participate. **Note that if you register for Zoom, you will not be allowed into the physical classroom.**

Zoom links will be emailed to all participants in online and hybrid classes by 9:00 a.m. the morning of the class/ event. **Please check your inbox, as well as spam and junk boxes, for the email at least 30 minutes prior to the start of your class.** If you do not see an email for your class, call the OLLI office at 304-293-1793. We're happy to resend the email.

Need assistance with Zoom?

Interested in taking an OLLI class but not sure how to use the online meeting software, Zoom? OLLI's professional technologist, Michelle Klishis, will walk you through the steps you'll need to take, from downloading and installing the Zoom app on your device, to entering the virtual classroom, to using the chat function, and more. If you don't have a computer or personal electronic device, learn how you can join Zoom with your phone. Contact the OLLI office to arrange a session.

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 waiting list.

If you are unable to attend a class for which you are registered, please notify the OLLI office at 304-293-1793 or email olli@hsc.wvu.edu. 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.

The OLLI Name Tags Returns

It's been awhile since we've been together and some of us may have forgotten faces. Please help us remember you by wearing your OLLI name tag when attending classes and events in person.

OLLI provides a name tag for each of our members. New members can pick up their name badges from the OLLI office in Morgantown or from our program assistant, Susan Martino, in the Kanawha Valley.

If you need a new name tag, please let us know. We're happy to make one for you.



Supporting Your OLLI

*Lifelong learners value education -
for themselves and others.*

Osher Lifelong Learning Institute (OLLI) at WVU exists because of the unique experiences, capabilities, and wisdom of mature members of the community.

Daily we see the educational and social impact OLLI has on members. Funded through membership fees, donations, and grants, OLLI benefits from the generosity of like-minded lifelong learners. Each gift allows meaningful work that would not have happened otherwise.

Your consideration of a gift today or in the future for OLLI at WVU will benefit the programs and help secure your OLLI legacy.

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

You can choose to designate your gift to:

- OLLI's area of greatest need
- the \$100K Club
- OLLI participation scholarship fund
- Campus Club Endowed Scholarship
- the OLLI endowment

You may choose to leave a Legacy Gift, make a Tribute Gift, or give through an IRA Charitable Rollover.

And choose the time that works for you.

- Give when you renew your membership or enroll in classes
- Give during OLLI's Annual Fall Campaign
- Give on WVU Day of Giving
- Set up a monthly recurring gift
- Any time during the year

Every gift makes an impact!

To give today, visit <https://olliatwvu.org/make-a-gift/> or add your tax-deductible donation to the enclosed class registration form. For more information, call the OLLI office at 304-293-1793.

*Thank you for your continued support of
lifelong learning and OLLI at WVU.*



**Proud to be a
sponsor of
OLLI at WVU.**

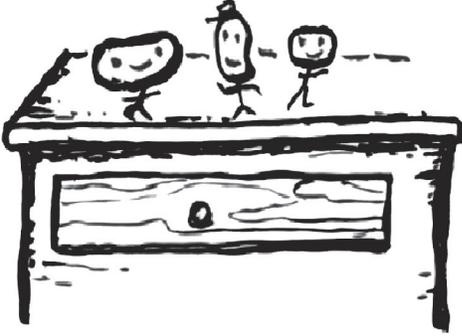
304-285-5575
Heritage-Point.com

**The Village
at Heritage Point**

Mon Health

Thank You to our Sponsors

The Bean Counter:
all beans considered



Supporting OLLI at WVU
and healthy aging
through healthy food options.

822 Kingwood Pike Morgantown, WV 26508
(304) 292-5974
gfbrown2@frontier.com

Kroger Community Rewards Program!

By participating in the Kroger Community Rewards Program, OLLI at WVU receives a donation from Kroger every time you purchase groceries in any of their stores using your rewards card.

Signing up is easy. Simply register your Kroger Plus Shopper's Card online at www.krogercommunityrewards.com and choose **Osher Lifelong Learning Institute/WVU Found (FG916)** as the organization to receive a donation.

If you have any questions, or need help enrolling in the Kroger Community Rewards Program, the OLLI staff is happy to assist.

Be an OLLI Ambassador!



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

- Invite a friend to a class
- Offer a catalog
- Suggest a membership*
- Give a gift certificate

*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.

Fall 2022 Schedule at a Glance - Morgantown

Class, Instructor	Date(s)	Time	Location	Page #
Monday				
Yarn Arts	Oct. 3 - Dec. 12	12:45 - 2:30 p.m.	A	14
Play the Ukulele (Venable)	Oct. 3 - Dec. 12	5:30 - 7:00 p.m.	A	14
Lap Dulcimer (Werner)	Oct. 3 - Dec. 5	10:00 - 11:45 a.m.	B & Z	16
<i>The New Yorker</i> Discussion Group (Attfield, Attfield)	Oct. 3 - Nov. 28	10:00 - 11:45 a.m.	Z	22
MonRiver New Horizons Band (McCrary, Kerwin)	Oct. 3 - Nov. 14	3:30 - 5:00 p.m.	B	16
Stress Less with Mindfulness (Hoover & Peck)	Oct. 3 - 24	10:00 - 11:00 a.m.	Z	18
El Greco (Cann)	Oct. 17	12:45 - 2:15 p.m.	B ♦ & Z	15
Minoan Art, Before the Greeks (Cann)	Oct. 24	12:45 - 2:30 p.m.	B ♦ & Z	16
From Marcel Duchamp...(Cann)	Nov. 7 & 14	12:45 - 2:30 p.m.	B ♦ & Z	15
The WVU Vaccine Development (Bevere)	Nov. 28	12:45 - 1:45 p.m.	B & Z	22
Wang Yani - Artist and Child Prodigy (Cann)	Nov. 28	12:45 - 2:30 p.m.	B ♦ & Z	17
<hr/>				
Monday/Wednesday				
Geology of Our National Parks (Smosna)	Oct. 10 - Nov. 2	3:00 - 4:30 p.m.	A	21
<hr/>				
Tuesday				
Old Testament Miracles and What They Mean (Hample)	Oct. 4 - Nov. 15	12:45 - 2:30 p.m.	B & Z	20
The Great Movie Comedians and Sports (Backer)	Oct. 4 - Nov. 1	10:00 - 11:30 a.m.	A ♦ & Z	16
COVID-19: What's New Since 2020? (Long)	Oct. 4 - 18	10:00 - 11:45 a.m.	B & Z	21
Wills and Powers of Attorney (Oliver)	Oct. 4 & 11	12:45 - 1:45 p.m.	B & Z	17
The Early Writings of David Hunter Strother...(Rentch)	Oct. 4 NEW DATE	3:00 - 4:45 p.m.	B & Z	15
Campus Club Evening Book Discussion (Attfield)	Oct. 11, Nov. 8, & Dec. 13	7:30 - 9:00 p.m.	Z	14
Twilight Trivia	Oct. 18, Nov. 15, & Dec. 20	7:00 - 8:30 p.m.	Z	14
Campus Club Morning Book Discussion (Ostrow)	Oct. 18, Nov. 15, & Dec. 20	10:00 - 11:30 a.m.	Z	14
Working Across Divides for Community Change (Faulkes)	Oct. 25	6:00 - 7:00 p.m.	B	22
Horse Behavior and Handling (Smith)	Nov. 1 & 15	6:00 - 7:30 p.m.	Other	20
The Star-Spangled Banner (Carte)	Nov. 1	10:00 - 11:30 a.m.	A ♦ & Z	19
An Introduction to Pixar Studios (Johnson)	Nov. 29 & Dec. 6	12:45 - 2:30 p.m.	B & Z	16
<hr/>				
Tuesday/Thursday				
Eat Right, Eat Well:...Part 3 (Cohen, Cohen)	Oct. 18 - 27	3:00 - 4:45 p.m.	A	18
<hr/>				
Wednesday				
Healthy Aging (Swartz)	Oct. 12 - Nov. 16	3:00 - 5:00 p.m.	B	18
West Virginia and World War II (Rentch)	Oct. 12 - 26	12:45 - 2:30 p.m.	B & Z	19
Personal and Family History Writing Projects (Sielen)	Oct. 12 - 26	12:45 - 2:15 p.m.	A	19
WVU Speech, Language,...Hearing Clinic (Morse, Dastolfo-Hromack)	Oct. 12	10:00 - 11:15 a.m.	B & Z	13
Upstairs at 1600: From Jefferson...(Hammersmith)	Oct. 19 - Nov. 2	10:00 - 11:45 a.m.	B & Z	19
Danske Dandridge: The Poet Who Wrote WV (Lawrence)	Nov. 2	1:00 - 2:00 p.m.	Z	15
Bible Mysteries, Secrets, and Intrigues (Colvin)	Nov. 9	10:00 - 11:45 a.m.	B & Z	20
The Life of...Serena Katherine Dandridge (Lawrence)	Nov. 9	1:00 - 2:00 p.m.	Z	19
Folk Music of the Southern WV Coalfields (Haddox)	Nov. 9	3:00 - 4:45 p.m.	A	15
History Alive! Harriet Tubman (Evans)	Dec. 7	2:30 - 4:00 p.m.	Z	13

Fall 2022 Schedule at a Glance - Morgantown

Class, Instructor	Date(s)	Time	Location	Page #
Thursday				
Walking Outdoors with Campus Club (Covey)	Oct. 6 - Dec. 22	9:00 - 10:00 a.m.	Other	14
FITT Principles for Seniors (Swartz)	Oct. 6 - Nov. 17	3:00 - 5:00 p.m.	B	18
Opera: Myths and Scenes from Common Life (Nelson)	Oct. 6 - 20	10:00 - 11:30 a.m.	B	17
Ancient Trade Routes: The Silk Road and More (Reddy)	Oct. 6 - 20	12:45 - 2:30 p.m.	B ♦ & Z	19
Your Immune System, an Introduction (Schafer)	Oct. 13 - Nov. 17	10:00 - 11:00 a.m.	A	18
Three Morgantown Poets (DeBerry, Sailer, Wilson)	Oct. 27	1:00 - 2:30 p.m.	B	17
Let's Do Lunch (Cale)	Oct. 13, Nov. 10, Dec. 8	11:30 a.m. - 1:00 p.m.	Other	14
Pick a Peck of Poetries:...Jewish Verse, Part 2 (Blair)	Nov. 3 & 17	11:30 a.m. - 1:00 p.m.	A ♦ & Z	21
A Semi-Truck Driver's Life (Colvin)	Nov. 10 & 17	12:45 - 2:30 p.m.	B & Z	20
Technology Security (Klishis)	Nov. 10	10:00 a.m. - 12:45 p.m.	B & Z	22
Friday				
Huntington Museum of Art Field Trip	Oct. 7	8:00 a.m. - 7:45 p.m.	Other	12
Film Forum: Mel Brooks and Woody Allen (Held)	Oct. 14 - Dec. 9	12:45 p.m. - 4:00 p.m.	B	15
An Allegory About Cancer (Higa)	Oct. 14 - Nov. 11	12:30 - 1:30 p.m.	A	21
Take a Hike: Raven Rock (Klishis, Hyde)	Oct. 14	9:00 a.m. - 12:00 p.m.	Other	12
Illustrated Botanicals (Plein)	Nov. 11	10:00 - 11:30 a.m.	Other	16
Take a Hike: You Decide the Trail (Klishis, Hyde)	Nov. 18	9:00 a.m. - 12:00 p.m.	Other	12
Saturday				
Introduction to T'ai Chi and Qigong (Koehler, Pollard)	Oct. 1 - Dec. 17	10:00 - 10:50 a.m.	Other	13
Intermediate T'ai Chi (Koehler, Pollard)	Oct. 1 - Dec. 17	11:00 - 11:50 a.m.	Other	13
Model Railroading (Colvin)	Dec. 3	10:00 a.m. - 12:00 p.m.	A	20
Sunday				
OLLI Virtual Happy Hour	Oct. 2 - Dec. 18	6:30 - 7:30 p.m.	Z	12

**See page 10 for the Kanawha Valley Schedule at a Glance.
Although listed separately, classes and events offered in the Kanawha Valley
only are open to all OLLI at WVU members.**

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.

Z - online via Zoom.

Other - See course description for location.

Fall 2022 Schedule at a Glance - Kanawha Valley

Class (Instructor)	Date(s)	Time	Location	Page #
Monday				
Take a Walk (Martino)	Oct. 3, Nov. 7, & Dec. 5	10:00 - 11:30 a.m.	Other	14
Lap Dulcimer (Werner)	Oct. 3 - Dec. 5	10:00 - 11:45 a.m.	Z	16
<i>The New Yorker</i> Discussion Group (Attfield, Attfield)	Oct. 3 - Nov. 28	10:00 - 11:45 a.m.	Z	22
Stress Less with Mindfulness (Hoover & Peck)	Oct. 3 - 24	10:00 - 11:00 a.m.	SC♦ & Z	18
El Greco (Cann)	Oct. 17	12:45 - 2:15 p.m.	Z	15
Minoan Art, Before the Greeks (Cann)	Oct. 24	12:45 - 2:30 p.m.	Z	16
From Marcel Duchamp...(Cann)	Nov. 7 & 14	12:45 - 2:30 p.m.	Z	15
The WVU Vaccine Development (Bevere)	Nov. 28	12:45 - 1:45 p.m.	SC♦ & Z	22
Wang Yani - Artist and Child Prodigy (Cann)	Nov. 28	12:45 - 2:30 p.m.	Z	17
Tuesday				
Old Testament Miracles and What They Mean (Hampl)	Oct. 4 - Nov. 15	12:45 - 2:30 p.m.	Z	20
The Great Movie Comedians and Sports (Backer)	Oct. 4 - Nov. 1	10:00 - 11:30 a.m.	SC♦ & Z	16
COVID-19: What's New Since 2020? (Long)	Oct. 4 - 18	10:00 - 11:45 a.m.	SC♦ & Z	21
Wills and Powers of Attorney (Oliver)	Oct. 4 & 11	12:45 - 1:45 p.m.	Z	17
The Early Writings of David Hunter Strother...(Rentch)	Oct. 4 NEW DATE	3:00 - 4:45 p.m.	SC♦ & Z	15
J.Q. Dickinson Salt-Works	Oct. 18	10:00 - 11:00 a.m.	Other	21
Campus Club Evening Book Discussion (Attfield)	Oct. 11, Nov. 8, & Dec. 13	7:30 - 9:00 p.m.	Z	14
Twilight Trivia	Oct. 18, Nov. 15, & Dec. 20	7:00 - 8:30 p.m.	Z	14
Campus Club Morning Book Discussion (Ostrow)	Oct. 18, Nov. 15, & Dec. 20	10:00 - 11:30 a.m.	Z	14
The Star-Spangled Banner (Carte)	Nov. 1	10:00 - 11:30 a.m.	SC & Z	19
An Introduction to Pixar Studios (Johnson)	Nov. 29 & Dec. 6	12:45 - 2:30 p.m.	Z	16
Wednesday				
Intermediate Bridge (Sentman)	Oct. 12 - Nov. 16	10:00 a.m. - 12:00 p.m.	Other	20
West Virginia and World War II (Rentch)	Oct. 12 - 26	12:45 - 2:30 p.m.	Z	19
WVU Speech, Language,...Hearing Clinic (Morse, Dastolfo-Hromack)	Oct. 12	10:00 - 11:15 a.m.	SC♦ & Z	13
Upstairs at 1600: From Jefferson...(Hammersmith)	Oct. 19 - Nov. 2	10:00 - 11:45 a.m.	SC♦ & Z	19
Danske Dandridge: The Poet Who Wrote WV (Lawrence)	Nov. 2	1:00 - 2:00 p.m.	Z	15
Bible Mysteries, Secrets, and Intrigues (Colvin)	Nov. 9	10:00 - 11:45 a.m.	SC♦ & Z	20
The Life of...Serena Katherine Dandridge (Lawrence)	Nov. 9	1:00 - 2:00 p.m.	SC♦ & Z	19
History Alive! Harriet Tubman (Evans)	Dec. 7	2:30 - 4:00 p.m.	Z	13
Thursday				
Ancient Trade Routes: The Silk Road and More (Reddy)	Oct. 6 - 20	12:45 - 2:30 p.m.	Z	19
Travel Writing Workshop:...Place and People (Mould)	Oct. 6 - 20	12:45 - 2:15 p.m.	SC	17
The Spirituality of Eating (Shrewsbury & Harrison)	Oct. 6 NEW DATE	10:00 a.m. - 12:00 p.m.	SC	18
Mazon Creek Fossils... (Holsclaw)	Oct. 20	10:00 - 11:30 a.m.	SC	21
Fossil Insects - No RAID® Required (Holsclaw)	Oct. 27	10:00 - 11:30 a.m.	SC	21
Pick a Peck of Poetries:...Jewish Verse, Part 2 (Blair)	Nov. 3 & 17	11:30 a.m. - 1:00 p.m.	SC ♦ & Z	21
A Semi-Truck Driver's Life (Colvin)	Nov. 10 & 17	12:45 - 2:30 p.m.	Z	20
Technology Security (Klishis)	Nov. 10	10:00 a.m. - 12:45 p.m.	SC♦ & Z	22

Fall 2022 Schedule at a Glance - Kanawha Valley

Class (Instructor)	Date(s)	Time	Location	Page #
Friday				
Huntington Museum of Art Field Trip	Oct. 7	10:30 a.m. - 5:00 p.m.	Other	12
Spring Hill Cemetery Walk (Martino)	Oct. 21	10:00 - 11:30 a.m.	Other	12
El Greco (Cann)	Oct. 21 NEW DATE	12:45 - 2:15 p.m.	SC	15
Minoan Art, Before the Greeks (Cann)	Oct. 28 NEW DATE	12:45 - 2:30 p.m.	SC	16
An Introduction to Pixar Studios (Johnson)	Nov. 4	10:00 a.m. - 2:30 p.m.	SC	16
From Marcel Duchamp...(Cann)	Nov. 11 & 18 NEW DATES	12:45 - 2:30 p.m.	SC	15
Twas the Night Before Fossil Collecting...(Holsclaw)	Dec. 1	10:00 - 11:30 a.m.	SC	22
Wang Yani - Artist and Child Prodigy (Cann)	Dec. 2 NEW DATE	12:45 - 2:30 p.m.	SC	17
Sunday				
OLLI Virtual Happy Hour	Oct. 2 - Dec. 18	6:30 - 7:30 p.m.	Z	12

**See page 8 for the Morgantown Schedule at a Glance.
Although listed separately, classes and events offered in Morgantown
only are open to all OLLI at WVU members.**

**Classes and events will be held either in-person at the Schoenbaum Center (SC) and/or online via ZOOM (Z).
ZOOM links will be emailed to all enrolled on the morning of each class session.**

Symbol Key

Throughout OLLI's course catalog, you will see various symbols next to names, locations, and event titles. Below is a list of those symbols and what they mean.

◆ If you see this diamond next to the class location, the class is being streamed to that location. The instructor or presenter will not be physically present in the classroom with you but you will be able to see and hear them and interact much like you would in-person.

* An asterisk next to an instructor's name indicates that the instructor is a member of the OLLI Honor Roll and has taught at least 10 courses and 60 class session hours.

M This symbol next to a class or event indicates that it will be held in-person in Morgantown and no Zoom or streaming option is available.

KV This symbol next to a class or event indicates that it will be held in-person in the Kanawha Valley and no Zoom or streaming option is available.

Field trips, exercise classes, and outdoor adventures may include an activity level designation. The best indicator of what to expect is explained in the event description but we have developed this rating system to help you decide if you wish to participate. Please note that these ratings are for guidance only and conditions may change.

L1 Participants should be able to walk on flat surfaces at a leisurely pace. Activities may include some steps, boarding a bus, and standing for short periods of time during presentations. Accessible accommodations may be able to be arranged upon request.

L2 Participants should be able to walk on uneven surfaces that are not always paved. Activities may include walking up and down steps and small inclines, boarding a bus, standing for longer periods of time, and engaging in light exercises. Accessible accommodations may be able to be arranged upon request.

L3 Participants should be in good physical health, able to do all of the above, and participate in active medium endurance exercise and adventure activities.

Special Member Events & Benefits

Field Trips

Special member events, opportunities, and interest groups, unless otherwise noted, are free for current OLLI members! Payment of term enrollment fee is not required.

Ask a Geek

Michelle Klishis*

Request an appointment at <https://bit.ly/3PcyiwP> or email olli@hsc.wvu.edu (please include "Geek Question" in the subject line.)

Sometimes you have questions about technology that don't fit into a specific class or course. For those times, OLLI's Professional Technologist, Michelle Klishis, is on hand to help. Members may request an appointment in-person in Morgantown or via Zoom. Please note that Michelle's strengths are Android phones, Windows PCs, MS Office software, and digital security and privacy.

Spring Hill Cemetery Walk

Susan Martino



Friday, Oct. 21, 10:00 - 11:30 a.m.
Spring Hill Cemetery, 1555 Farnsworth Dr., Charleston

Join OLLI for a walking tour of Spring Hill Cemetery Park. The history walk and companion brochure will provide participants with facts on prominent persons buried in the cemetery and details of some of the unusual markers.

Take a Hike: Raven Rock

Michelle Klishis* & Michael Hyde

Friday, October 14, 9:00 a.m. - 12:00 p.m.
Coopers Rock State Forest



We will hike the Raven Rock Trail. If it's raining heavily the scheduled day, the hike will be postponed one week.

Take a Hike: You Decide the Trail

Michelle Klishis* & Michael Hyde

Friday, November 18, 9:00 a.m. - 12:00 p.m.
Coopers Rock State Forest



Take a hike with Michelle & Michael at Coopers Rock State Forest. As a group, participants will decide how strenuous or easy a hike they want. Check your email for details about how we'll decide on the trails. If it's raining heavily the scheduled day, the hike will be postponed one week.

OLLI Virtual Happy Hour

Sundays, Oct. 2 - Dec. 18, 6:30 - 7:30 p.m., Zoom

Back by popular demand! Join us for an on-line happy hour with OLLI members! We're going to chat and socialize and check in on each other! Take this opportunity to dress up and chat with people you haven't seen for awhile or maybe haven't met in person before!

Huntington Museum of Art: The Daywood Collection and "POW!": Comic Drawings

L2

Friday, Oct. 7

Bus leaving from Morgantown: 8:00 a.m. - 7:45 p.m.

Leaving from Charleston: 10:30 a.m. - 5:00 p.m.

Fee: OLLI Members: \$65.00 Non-members: \$80.00

Reservation deadline: Sept. 23. Payment due at the time of reservation. No refunds after reservation deadline.

Participants will enjoy guided tours of two exhibits on display at the Huntington Museum of Art: *The Daywood Collection* and *"POW!": Comic Drawings from the Permanent Collection*.

The Daywood Collection features American and European paintings, prints, sculpture, and decorative arts collected by Arthur Spencer Dayton and Ruth Woods Dayton of Philippi, WV, and donated to the Huntington Museum of Art in 1967.

"POW!": Comic Drawings from the Permanent Collection features original comic book art, comic strips, and sequential drawings created by some of America's most noted comic artists, such as Bob Kane, Ernie Chan and Neil Adams, from the Huntington Museum of Art's Michael Reynolds Collection of American Popular Culture.

We will stop for lunch prior to visiting the museum.

The Cathedral of Learning



Plans are in the works!

Watch for more information for a trip in November or early December.

Join OLLI for a bus trip to Pittsburgh to visit the University of Pittsburgh Nationality Rooms. Located in the University of Pittsburgh's Cathedral of Learning, the Nationality Rooms were designed to represent the culture of various ethnic groups that settled in Allegheny County. Representing 30 countries and cultures, the rooms are still used as University classrooms today. OLLI members will have a guided tour of the rooms.



Community Events

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

T'ai Chi Classes

Led by Cecil Pollard* & Bill Koehler*
Hosted by OLLI at WVU and
The Shack Neighborhood House



October 1 - December 17
The Shack Neighborhood House (537 Blue Horizon Dr.)

Register at <https://bit.ly/3x8lyi8> or on the enclosed form.

Introduction to T'ai Chi and Qigong

Saturdays, 10:00 - 10:50 a.m.

This course is an introduction to a version of Yang Style T'ai Chi as modified and taught by Cheng Man-ch'ing. In this course, students will learn the basic principles of T'ai Chi and how to do the T'ai Chi form.

Intermediate T'ai Chi

Saturdays, 11:00 - 11:50 a.m.

This group provides an opportunity for participants who have moved beyond the beginning level to continue practicing together. Enrollment by permission of OLLI instructors.

History Alive! Harriet Tubman

Ilene Evans

Wednesday, Dec. 7, 2:30 - 4:00 p.m.

Zoom

Register at <https://bit.ly/3odxlsG> to receive the Zoom link.

OLLI is partnering with the WVU Committee of Retired Faculty to present **History Alive! Harriet Tubman**, a first-person portrayal of this famous historical American abolitionist and social activist.

Tubman was born into slavery in Maryland but escaped through the Underground Railroad in 1849. She then became the most famous leader of that network, aiding slaves in their escape to the free states and Canada. When the Civil War erupted, her underground experiences and knowledge of covert operations made her a valuable resource to federal officers. She served as a spy, nurse, scout, and guide for Union troops and was present at the ill-fated assault of Fort Wagner by the 54th Massachusetts in South Carolina.

WVU Speech, Language, & Hearing Clinic

Leah Morse & Christina Dastolfo-Hromack

Wednesday, Oct. 12, 10:00 - 11:15 a.m.

Zoom & Morgantown B

Kanawha Valley Schoenbaum Center ♦

Learn about WVU's new Speech, Language, & Hearing Clinic, the work that they do, and services available to the public from two members of their team.

A Taste of OLLI

Virtual Open House

Thursday, September 15, 3:00 - 4:30 p.m.

Free and open to the public

Register at <https://bit.ly/3PDIH4Z>
or join us on Facebook Live!



*Learn how you can stay engaged and connected this fall with OLLI classes.
Hear from instructors and meet other OLLI members!*

Special Interest Groups

OLLI Special Interest Groups (SIGs) offer members the opportunity to share a common interest in a social setting. Many meet year-round so you register only once per year. SIGs are open to all OLLI members, although some restrictions may apply. See descriptions for more detail.

Let's Do Lunch!

Facilitator: Diane Cale - NEW FACILITATOR

2nd Thursday of the month (Sept. - May)

11:30 a.m. - 1:00 p.m.

Maximum enrollment: 12



This group meets once a month to enjoy each other's company while dining at local restaurants. Suggestions of dining locations are welcome. Participants pay for their own meals. Restaurants are chosen from suggestions by participants.

Play the Ukulele

Mondays, 5:30 - 7:00 p.m. Morgantown A



Participants will play and sing together, share songs and knowledge, and help each other learn. All are welcome, no experience or instrument ownership required. Visit bit.ly/3ALMCVV for a complete group description.

Road Trip Dining with Campus Club

Facilitators: Penny Thomas & Sandra Putnam

Dates and Times TBD



The Campus Club Road Trip Dining Group gathers monthly to dine at recommended, well-rated restaurants in the area. Rides are always available. We meet at restaurants around 6:00 - 6:30 p.m. on Saturdays or for Sunday brunch to enjoy interesting, fun, friendly company, and delicious food. Restaurants are handicapped accessible with ramps and sometimes elevators.

Take a Walk

Facilitator: Susan Martino

Mondays, Oct. 3, Nov. 7, & Dec. 5, 10:00 - 11:30 a.m.

Charleston Trails



Join OLLI members for a monthly, leisurely walk on various trails around Charleston. Participants must be able to complete a walk up to 3 miles in 90 minutes. Trails will be decided by the group via an email chat the week prior. Dogs on leashes welcome.

Walking Outdoors with Campus Club

Facilitator: Hope Covey

Thursdays, 9:00 - 10:00 a.m.

Morgantown Trails



The Walking Group meets at various rail trail locations in the community for a one-hour, three-mile round trip walk. Trails are generally level or have gradual elevation and the group is careful to avoid the downtown trail area due to traffic. Recognizing that some members walk faster than others, the groups may spread out in twos and threes to encourage and support each other.

Yarn Arts

Mondays, 12:45 - 2:30 p.m. Morgantown A



Join your fellow OLLI members to share ideas, patterns, and workshop information and to support each other in knitting, crocheting, needle-point, and other yarn and thread arts.

On ZOOM

Campus Club Evening Book Discussion

Facilitator: Hilary Attfield

2nd Tuesday of the month, 7:30 - 9:00 p.m.

Believing that a good book is one that encourages a good discussion, the evening group tries to read an eclectic variety of books: novels, non-fiction, biography, etc. Books are suggested by members and the group tries to have books lined up two to three months in advance. Discussion of the book is always followed by social time to encourage friendship and catch up! New members are welcome and new voices appreciated.

Campus Club Morning Book Discussion

Facilitator: Lynne Ostrow

3rd Tuesday of the month (Sept-June), 10:00 a.m.

Members of the Morning Book Discussion give input into the selection of books and create a list from the suggestions. The following criteria are used for the selection: at least one non-fiction choice, consideration of local or regional authors, stories with West Virginia ties, recommendations from members who have read a book or reviews of books, and current "buzz" about a book. New members are always welcome.

Twilight Trivia

3rd Tuesday of the month, 7:00 - 8:30 p.m.

Grab a beverage and some snacks, settle into a comfy chair with your laptop, tablet, or smart phone, and test your knowledge of trivia, and the trivial, against your fellow OLLI members during our monthly virtual game night!

Arts & Literature

Danske Dandridge: The Poet Who Wrote of West Virginia

Angela Lawrence

Wednesday, Nov. 2, 1:00 - 2:00 p.m.
Zoom

Danske Dandridge was an author who published garden writings, poetry, and books. She faced tragedy throughout her life and the themes of her loss can be seen in much of her work. No matter how the genre and tone shifted, her love of West Virginia and awareness of unique human existence were unwavering. Participants will learn about the literary works of Danske Dandridge, become familiar with the literary themes in her publications, and examine how her writing was influenced by her personal experiences.

The Early Writings of David Hunter Strother, West Virginia's First Publicist

Jim Rentch

Tuesday, Oct. 4, 3:00 - 4:00 p.m.
Zoom & Morgantown B

NEW DATE!

David Hunter Strother, better known as Porte Crayon, was born in Martinsburg in 1816. As a youth, he was restless and adventurous, hiking throughout his native Shenandoah Valley. He tried formal portrait painting but eventually turned to woodcut engraving, and his travelogues and sketches for *Harper's Magazine* made him one of the best-known writers of his era. This presentation will cover his earlier works, including *The Virginian Canaan*, *Artist's Excursion Over the B&O Railroad*, and his pieces on John Brown's 1859 raid and trial for *Harper's*.

El Greco

Melora Cann*

Monday, Oct. 17, 12:45 - 2:15 p.m.
Zoom & Morgantown B ♦

Friday, Oct. 21, 12:45 - 2:15 p.m.
Kanawha Valley Schoenbaum Center

**NEW
In-Person
DATE!**

Doménikos Theotokópoulos (1541-1614), known as El Greco ("The Greek"), was an artist from the island of Crete, where he spent his youth and first studied and worked in art. As he matured, he followed the steps of other young artists from Crete and moved to Venice where he studied painting in the Venetian style. After a few years, he moved to Rome, where he was exposed to Mannerism. El Greco left Rome in 1577 for Spain, where he would spend the remainder of his life. He is best known for his works done within the Spanish Renaissance.

Film Forum: Mel Brooks & Woody Allen

Jim Held*

Fridays, Oct. 14 - Dec. 9, 12:45 - 4:00 p.m.
Morgantown B



This fall's Forum will be a mini festival of films by Mel Brooks and Woody Allen. We'll watch the best-of-the-best for each of these legendary director/comedians, including: *The Producers* (Oct. 14), *Annie Hall* (Oct. 21), *Blazing Saddles* (Oct. 28), *The Purple Rose of Cairo* (Nov. 4), *Young Frankenstein* (Nov. 11), *Midnight in Paris* (Nov. 18), *High Anxiety* (Dec. 2), and *Blue Jasmine* (Dec. 9). Great films and stimulating discussion!

Folk Music of the Southern West Virginia Coalfields

Chris Haddox

Wednesday, Nov. 9, 3:00 - 4:45 p.m.
Morgantown A



Chris Haddox will present his work on cataloging and interpreting field recordings of folk music from the Chappell Collection in WVU's WV and Regional History Center. The presentation will include information about the recordings and will examine in-depth the singers and musicians who were the subjects of the recordings--something that Chappell only minimally documented. This project is part of a cultural heritage tourism project that Haddox has been working on for the past three years.

From Marcel Duchamp to Andy Warhol, from Dada to Pop Art

Melora Cann*

Mondays, Nov. 7 & 14, 12:45 - 2:30 p.m.
Zoom & Morgantown B ♦

Fridays, Nov. 11 & 18, 12:45 - 2:30 p.m.
Kanawha Valley Schoenbaum Center

**NEW
In-Person
DATE!**

Andy Warhol (1928-1987) and Marcel Duchamp (1887-1968) had a generational relationship. Duchamp, a French artist, was represented in the 1913 Armory Show, the first time modern art was truly exhibited in America. Inspired by the artist, Warhol collected more than 30 pieces of Duchamp's art and emulated his style of living and of creating art. Duchamp represented the Dada movement and has become considered a conceptual artist; Warhol, an American artist, began as a commercial artist and advanced into the avant-garde art world in NYC during the 1960s through 1980s as a Pop Art leader.

If you see this symbol, ♦, next to the classroom, the instructor will be teaching from an off-site location.

The presentation will be live-streamed into the OLLI classroom.

Fall 2022 Classes

The Great Movie Comedians and Sports

Ron Backer

Tuesdays, Oct. 4 - Nov. 1, 10:00 - 11:30 a.m.
Zoom & Morgantown A ♦

Participants will become familiar with the films of the great movie comedians, from the silent era through recent times, emphasizing the comedians' careers and places in film history. Utilizing multiple film clips about a single sport each week, in a presentation filled with lobby cards, frame grabs, and photos, the comedy styles of the comedians will be compared and contrasted. An added benefit is that for many in the class, this will be their introduction to several great movie comedians who are seldom seen today, such as Harry Langdon, Harold Lloyd, and Wheeler and Woolsey.

Illustrated Botanicals

Stewart Plein

Friday, Nov. 11, 10:00 - 11:30 a.m.
West Virginia & Regional History Center
Downtown Library



The art of botanical illustration was considered an essential tool for the identification of plants for medical use and the art of cultivation. Participants will see and hear about the works held in the Rare Books Collection at the WVU Wise Library. Often hand-colored works of great beauty and precision, the illustrated botanical collection includes works by Linnaeus, the 18th century father of plant classification, as well as the illustrations of William Woodville in his *Medical Botany*, the illustrated volumes of island vegetation depicted in the *Hortus Indicus Malabaricus*, and Deville's *Histoire des Plantes de L'Europe*, among works by Leonhart Fuchs, Otto Brunfels, and many others.

An Introduction to Pixar Studios

Ed Johnson*

Friday, Nov. 4, 10:00 a.m. - 2:30 p.m. (lunch break from 12:00 - 1:00 p.m.)
Kanawha Valley Schoenbaum Center

Tuesdays, Nov. 29 & Dec. 6, 12:45 - 2:30 p.m.
Morgantown B & Zoom

We will look at the history of Pixar, both before and after its acquisition by Disney, including its roster of successful movies and short films. There will be a few backstage looks and many clips from their features, tracing advancements in computer generated graphics from the very rudimentary ("Look out for that baby!") to today's hyper-realistic animation.

Lap Dulcimer

Judy Werner*

Mondays, Oct. 3 - Dec. 5, 10:00 - 11:45 a.m.
Classroom B & Zoom

The dulcimer is an easy instrument to play, but you can keep learning more forever. No previous musical experience is required. Come and enjoy learning more songs, as well as some new skills (such as simple chords and finger-picking) on your lap dulcimer. This course is designed for those who have some knowledge (but not a lot) on the dulcimer and want to learn more old-time fiddle tunes, waltzes, and patriotic songs. There are some dulcimers available for loan. Please indicate this need when you register.

Minoan Art, Before the Greeks

Melora Cann*

Monday, Oct. 24, 12:45 - 2:30 p.m.
Zoom & Morgantown B ♦

Monday, Oct. 28, 12:45 - 2:30 p.m.
Kanawha Valley Schoenbaum Center

**NEW
In-Person
DATE!**

On the island of Crete in the Mediterranean Sea, a civilization rose from the stone age through the bronze age to the iron age with a unique style of art. The civilization and its art, now called Minoan, were precursors to Greek civilization and art which emerged later. This class will focus on the art that has been discovered during archeological excavations throughout the island and on neighboring islets. The periods of interest span Early Minoan Culture (3000-2100 BCE); Middle Minoan Culture (2100-1580 BCE); and Late Minoan Culture (1580-1100 BCE).

MonRiver New Horizons Band

Justin McCrary, Ryan Kerwin



Mondays, Oct. 3 - Nov. 14, 3:30 - 5:00 p.m.
Morgantown B

The organization's motto, "It's never too late," means that one is never too old to make music. Founded 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 also provide their own instrument.

Opera: Myths and Scenes from Common Life

Byron Nelson*



Thursdays, Oct. 6 - 20, 10:00 - 11:30 a.m.
Morgantown B

The course explores the astonishing creativity underlying the operas presented in Fall 2022 by the Pittsburgh Opera and the Metropolitan Opera in HD series. *Medea* and *Rusalka* (the Czech version of "the little mermaid") are based on mythic subjects, while *The Marriage of Figaro* and *La Traviata* are pillars of the operatic repertory which are based on familiar human dilemmas.

Three Morgantown Poets: Their Work and Their Views

Mary Lucille DeBerry, Susan Shaw Sailer, Lori Wilson



Thursday, Oct. 27, 1:00 - 2:30 p.m.
Morgantown B

Lori Wilson, Susan Shaw Sailer and Mary Lucille DeBerry have much in common. They live in the same city; each has taken poetry workshops in Carlow University's outreach program *Madwomen in the Attic*; and each, during the pandemic, has published a new collection of poetry. In the first half of this class, they will read their own poems. In the second half, they will participate in a panel discussion—answering questions regarding the content and style each pursues; the training of each poet; individual experiences they have had during the publication process; and suggestions for those interested in writing poetry. *Participants who wish to further pursue the works of these poets will have the opportunity to purchase books directly from the authors after the class.*



Travel Writing Workshop: A Sense of Place and People

David Mould



Thursdays, Oct. 6 - 20, 12:45 - 2:15 p.m.
Kanawha Valley Schoenbaum Center

Good travel writing goes beyond the what-to-see-and-do and where-to-eat-and-sleep tips of the websites and travel guides. It provides a sense of a place and its people, their history and culture, how they live and work and see their own world. In this workshop, college professor and journalist David Mould, author of three travel books and numerous articles, offers guidance on how to use first-hand observation, conversation, interviews, and contextual research to convey a sense of place. The workshop will include exercises and examples of travel writing from various genres.

Wang Yani - Artist and Child Prodigy

Melora Cann*

**NEW
In-Person
DATE!**

Monday, Nov. 28, 12:45 - 2:30 p.m.
Zoom & Morgantown B ♦

Monday, Dec. 2, 12:45 - 2:30 p.m.
Kanawha Valley Schoenbaum Center

Wang Yani was born in 1975 in Guangxi, Southern China. Her parents encouraged her interest and obvious talent in painting – she was using a bamboo brush and black ink on paper at the age of 2. Her fame grew from what followed - her father bought her a pet monkey who became the inspiration and subject of many paintings. At the age of 4, Wang was invited to travel and demonstrate her style throughout China. She used ancient Chinese brush techniques to paint with black ink and some colors on specially prepared paper.

Financial Literacy & Retirement Planning

Wills and Powers of Attorney

Daniel Oliver

Tuesdays, Oct. 4 & 11, 12:45 - 1:45 p.m.
Zoom & Morgantown B

In planning for a possible death or incapacity, we will review the considerations in getting one's affairs in order. What instruments are available and how do they work? What happens if there are no executed instruments?

Health & Wellness

Eat Right, Eat Well: Rediscovering the Lost Art of Cooking, Part 3

Stanley Cohen*, Judy Cohen*



Tuesdays & Thursday, Oct. 18 - 27, 3:00 - 4:45 p.m.
Morgantown A

This course continues its focus on healthy eating and cooking. Featured is a series of new 35-minute *The Great Courses Plus* videos from the Culinary Institute of America, *The Everyday Gourmet: Rediscovering the Lost Art of Cooking, Part 3*, followed by additional class topic material and discussion. Previous enrollment in *Lost Art Part 1 or 2* is NOT required. Food dishes and recipes are discussed after the video presentations. An online guidebook from CIA accompanies the videos. Handouts and supplemental recipes are also available. Most importantly, everyone is requested to share tips, tricks, and techniques from their own kitchens.

FITT Principles for Seniors

Catelynn Swartz

Thursdays, Oct. 6 - Nov. 17, 3:00 - 5:00 p.m.
Morgantown B
Maximum Enrollment: 25



Exercise Physiology student interns, supervised by a graduate student from WVU, will share information on FITT principles for physical activity. FITT principles refer to exercise frequency, intensity, time, and type, all of which can be modified to fit your individual needs. Each class will contain a short educational piece discussing the various FITT principle guidelines and/or recommendations for your given population followed by an instructor-led in-class activity where you will build your own exercise program. Additionally, this class will include a short instructor-led exercise session where you will have the opportunity to learn various mobility and resistance training movements while being provided feedback.

Healthy Aging

Catelynn Swartz

Wednesdays, Oct. 12 - Nov. 16, 3:00 - 5:00 p.m.
Morgantown B
Maximum Enrollment: 25



Exercise Physiology student interns, supervised by a graduate student from WVU, will share information on lifestyle practices that promote healthy aging, including goal setting, fitness guidelines and/or general recommendations, nutrition, and more. Each class will contain a short educational piece discussing the benefits of regular exercise and how to modify an exercise regimen to fit your long-term and short-term goals, followed by an instructor-led, beginner

friendly exercise session. This class will include chair-based exercises and resistance band exercises in addition to providing take-home handouts that can be reviewed at your own discretion.

The Spirituality of Eating

Clinton Shrewsbury & Bob Harrison*



NEW DATE!

Thursday, Oct. 6, 10:00 a.m. - 12:00 p.m.
Kanawha Valley Schoenbaum Center

Participants will assess through focused activities where they are and where they want to be by 2023. They will be given strategies to achieve this goal, applying the rules of Ignatius Loyola written in the Renaissance era.

Stress Less with Mindfulness

Andrea Hoover & Terrill Peck

Mondays, Oct. 3 - 24, 10:00 - 11:00 a.m.
Zoom & Kanawha Valley Schoenbaum Center ♦

Stress Less with Mindfulness is a four session program to lower reactivity to stress triggers, improve perceived positive quality of life, and lessen anxiety, depression and attention, on purpose, in the present moment, and with a non-judgmental attitude. Sessions are *Begin with Breath*, *Mindful Eating*, *Be Kind to Your Mind*, and *Laughter is Good Medicine*.

Your Immune System, an Introduction

Rosana Schafer

Thursdays, Oct. 13 - Nov. 17, 10:00 - 11:00 a.m.
Morgantown A



Do you wonder why some people get sick and others don't? Learn about your immune system and the body's response to bacteria and viruses. The first session will give an overview of an immune response and describe the cells, tissues and organs of the immune system. Other sessions will discuss the early response in the first hours to days after infection, the adaptive response that occurs in the next two weeks, and 'immune memory' that then develops. We will also discuss vaccines and allergies. The course will be presented in lay terms so no prior science knowledge is required!

You cannot help but get excited about the subject when the instructor is so passionate and knowledgeable about it.

- OLLI member

History

Ancient Trade Routes: The Silk Road and More

Sumitra Reddy*

Thursdays, Oct. 6 - 20, 12:45 - 2:30 p.m.

Zoom & Morgantown B ♦

Since antiquity, myriad trade routes have connected places where goods were produced with people living in other places. Not only were goods transported over these roads and waterways, but people also shared knowledge, new inventions, languages, ideas, religious beliefs, artistic styles, social customs, and even illness in some cases. In addition to the famous Silk Road, other trade routes will be discussed including the Incense Route, the Spice Route, the Amber Road, the Salt Route, and the Tin Route.

The Life of West Virginia's Wild and Wonderful Serena Katherine Dandridge

Angela Lawrence

Wednesday, Nov. 9, 1:00 - 2:00 p.m.

Zoom & Kanawha Valley Schoenbaum Center ♦

Serena Dandridge, artist and political and environmental activist, was one of the first women to work for the Smithsonian Institution as a scientific illustrator. Participants will be introduced to Serena's scientific contributions and her involvement in the Women's Suffrage Movement. They will also learn about how she spent her life in service to others and how she resisted racial and gender inequity in the early 1900s.

Personal and Family History Writing Projects

Rae Jean Sielen*



Wednesdays, Oct. 12 - 26, 12:45 - 2:15 p.m.

Morgantown A

Topics for this course will include strategies for organizing material and considerations as you compile, write and produce your work (e.g., sources, voice, truth, scope, photographs, printing/binding). Participants will be able to 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.

The Star-Spangled Banner

Kerri Carte

Tuesday, Nov. 1, 10:00 - 11:30 a.m.

Zoom & Kanawha Valley Schoenbaum Center
Morgantown A ♦

Prior to the Star-Spangled Banner, the United States Flag was little more than a banner. Over a period of 44 years, Congress authorized three Flag Acts. The first had the flag with 13 stars and 13 stripes. The second added a star and stripe for each state added to the union. It was under this Flag Act that the Star-Spangled Banner was constructed. Participants will learn the history of the flag that inspired the national anthem, the history of the national anthem, and the preservation efforts of the Star-Spangled Banner.

Upstairs at 1600: From Jefferson's Table to Jumbo's Shower

Jack Hammersmith

Wednesdays, Oct. 19 - Nov. 2, 10:00 - 11:45 a.m.

Zoom & Morgantown B
Kanawha Valley Schoenbaum Center ♦

After classes on First Ladies, First Mothers, and Presidents as Fathers, the instructor was inclined to move in new directions. Then, Kate Brower's *The Residence* (2015) came to his attention on the "private world" of the White House: the cooks, carpenters, doormen, valets and ushers with far more continuity than presidents (nineteen who have been limited to a single term, or less). What insights have these White House insiders (today nearly 200 and until the Civil war many enslaved) brought to the presidency? Three classes will explore this world and its perspective.

West Virginia and World War II: Life and Work on the Homefront

Jim Rentch

Wednesdays, Oct. 12 - 26, 12:45 - 2:30 p.m.

Zoom & Morgantown B

During WWII, over a quarter-million West Virginians served in the military. An equal number served in the laboratories, farms, factories, mines and shipyards of the state. This course will review some of these enormous efforts: the construction of a heavy water plant in Morgantown, part of the Manhattan Project; the launch of over 80 sea-going naval vessels from a Point Pleasant shipyard; construction of the first fully integrated synthetic rubber plant in Institute; the conversion of The Greenbrier to a 2000-bed army hospital; and finally, the use of a five-county area around Elkins as an army training center.

Other Interests

Horse Behavior and Handling

Crystal Smith



Tuesdays, Nov. 1 & 15, 6:00 - 7:30 p.m.
J. W. Ruby Research Farm, Reedsville



Dr. Crystal Smith and members in the WVU Collegiate Horsemen's Association will lead OLLI members through a series of hands-on exercises in horse behavior. Participants will work with the WVU teaching horses to advance their knowledge and skills. No experience is necessary; closed-toed shoes required; must sign the WVU Equine Studies release of liability waiver.

Intermediate Bridge

Sarah Sentman



Wednesdays, Oct. 12 - Nov. 16, 10:00 a.m. - 12:00 p.m.
South Charleston Woman's Club

The class picks up where we left off in November 2019. We will use the same book. More are available. The class will begin with a review before moving on; the majority of the time will be spent playing actual hands. This class will help you bid more accurately, make more of your contracts, and defeat more of the opponents' contracts by learning how to think like a bridge player, all while making new friends and having a good time.

Model Railroading

Kenton Colvin*

Saturday, Dec. 3, 10:00 a.m. - 12:00 p.m.
Morgantown A



Share this OLLI experience with a grandchild, adult child, or other family member or friend who enjoys model railroading! Ask the OLLI office for a guest pass when registering.

Model railroading is much more than playing with toy trains. Learn why many men and women are fascinated with building model train layouts, modeling structures, or making a diorama. Learn what scale means and different sizes of modeling gauges, the difference in modeling a prototype railroad or doing a freelance model, and about the National Model Railroad Association. Learn about the skills that are developed in the hobby: researching, designing, construction, building, electrical, carpentry, painting, and more. The second half of the class will be hands on at the local model train club (Mon Valley Railroad Historical Society) located across the hall.

A Semi-Truck Driver's Life

Kenton Colvin*

Thursdays, Nov. 10 & 17, 12:45 - 2:30 p.m.
Zoom & Morgantown B

Have you ever wondered about the life of a tractor trailer (semi-truck) driver? Truck driving is not a job but a lifestyle. Out on the road, the truck is their workplace and home. Truck drivers are crucial to the American economy and supply chain. Learn about the effects on the driver's family. Learn about their life, dangers, safety, skills, etc. Learn how trailers are designed and drivers are trained to haul a variety of different types of commodities (example – food products versus oil). We will look at the history of trucks and trailers and their link with the railroads.

Philosophy & Religion

Bible Mysteries, Secrets, and Intrigues

Kenton Colvin*

Wednesday, Nov. 9, 10:00 - 11:45 a.m.
Zoom & Morgantown B
Kanawha Valley Schoenbaum Center ♦

The Bible is a large book containing a great deal of religious and historical information. It contains many mysteries, secrets, and trivia facts that most people do not understand and/or have not heard of. This course will propose several explanations of mysteries and provide some interesting or unusual information. Examples include: What caused thousands of pigs to run off a cliff? What happened to the Ark of the Covenant? What did Elisha do to make a poisoned stew edible? Who had surgery performed on him while he slept? What donkey spoke words to his master? Many more similar things will be discussed.

Old Testament Miracles and What They Mean

Rabbi Joe Hample*



Tuesdays, Oct. 4 - Nov. 15, 12:45 - 2:30 p.m.
Zoom & Morgantown B

Sarah's late-life motherhood, the burning bush, the parting of the Red Sea, the talking donkey, the battle of Jericho, David and Goliath: how do these stories empower us? What miracles do we still dare to pray for?

If you see this symbol, ♦, next to the classroom, the instructor will be teaching from an off-site location.

The presentation will be live-streamed into the OLLI classroom.

Pick a Peck of Poetries: A Smattering of Jewish Verse, Part 2

Rabbi Joe Blair

Thursdays, Nov. 3 & 17, 11:30 a.m. - 1:00 p.m.

Zoom & Morgantown A ♦

Kanawha Valley Schoenbaum Center ♦

Participants will hear and discuss an eclectic exploration of several selected poets' works in the Jewish pantheon, drawn from Hebrew, Yiddish, and English works (all read in English). This is a continuation of Rabbi Blair's class offered in April 2022.

Science & Math

An Allegory About Cancer

Gerald Higa



Fridays, Oct. 14 - Nov. 11, 12:30 - 1:30 p.m.

Morgantown A

The material presented will deconstruct the complex biology of cancer and improve understanding the disease. The class will focus on oncology concepts and principles, misconceptions, specific cancers, accomplishments, and future prospects.

COVID-19: What's New Since 2020?

Karen S. Long

Tuesdays, Oct. 4 - 18, 10:00 - 11:45 a.m.

Zoom & Morgantown B

Kanawha Valley Schoenbaum Center ♦

The pandemic has been with us for two years since we last met to discuss what was known about this new pathogenic virus. We've come a long way scientifically and the organism has also evolved. We'll review a little and then discuss variants and subvariants and their transmission rates, Long Covid, vaccines, antiviral therapies, pros and cons of laboratory and at-home testing methods. We'll also try to answer the question: is COVID-19 endemic in the U.S.?

Fossil Insects - No RAID® Required

Steven Holsclaw*



Thursday, Oct. 27, 10:00 - 11:30 a.m.

Kanawha Valley Schoenbaum Center

When asking people what parts of marine and land-based organisms might be fossilized, they usually come up with bones, teeth and shells. In short, they think about "hard parts." But what about the "soft parts" of organisms? Are they ever fossilized? Preservation may be rare but they have been found. Can insects with their delicate legs, antennae and paper-thin wings be fossilized? In some areas of the world

with special depositional conditions, many fossil insects have been found, sometimes with extraordinary preservation. This class, by discussion and pictorial galleries, explores the remarkable world of fossilized insects.

J. Q. Dickinson Salt-Works

Staff



Tuesday, Oct. 18, 10:00 - 11:00 a.m.

4707 Midland Dr., Malden

Join OLLI for a tour of the J.Q. Dickinson Salt-Works facility as we learn how a 7th generation salt-making family harvests an all-natural salt, by hand. The salt comes from an ancient ocean trapped below the Appalachian Mountains of the Kanawha Valley. After the tour a small salt tasting will be held followed by the option to purchase anything you like! Visit jqsalt.com for more information.

Mazon Creek Fossils, Nature's Fortune Cookies

Steven Holsclaw*



Thursday, Oct. 20, 10:00 - 11:30 a.m.

Kanawha Valley Schoenbaum Center

Familiar to everyone, fortune cookies are opened to reveal a miniature paper banner with words imparting wisdom or good fortune. Paleontology has its own version of the fortune cookie in fossils found in the coal strip mining areas of northern Illinois. Known collectively as Mazon Creek fossils, ironstone nodules found weathered-out of shale spoil piles are world-renowned for containing remarkably-preserved, 305-million-year old fossil plants, animals and insects. Similar to fortune cookies, the nodules must be split open to reveal a fossil waiting inside to be discovered. This geologic presentation is by discussion and an extensive pictorial gallery.

Geology of Our National Parks

Richard Smosna*



Mondays & Wednesdays, Oct. 10 - Nov. 2

3:00 - 4:30 p.m. Morgantown A

Our national parks with their scenic beauty and special cast of characters are the showcase of American landscapes. Mountains, glaciers, volcanoes, hot springs and geysers, deserts and prairies, coastlines and coral reefs, rivers and islands: the U.S. Park Service has them all. Moreover, the most interesting wildlife make these parks their home, including wolves, bison, alligators, tropical fish, eagles, mountain sheep, and cougars. All of our parks share a common denominator: geological processes formed the physical characteristics of each geographical area which, in turn, provide the natural habitats for the animals living there.

Twas the Night Before Fossil Collecting...

Steven Holsclaw*



Friday, Dec. 1, 10:00 - 11:30 a.m.
Kanawha Valley Schoenbaum Center

No avid fossil collector ever tires of the anticipation of “going fossil collecting.” While the Internet offers endless opportunities to purchase fossils from all over the world, some of the most revered fossils to many collectors are those self-collected. West Virginia offers limited opportunities for marine invertebrate fossil collecting due to its surface geology. However, locations in Kentucky, Ohio and Indiana offer a bounty of easily-collected fossils that weather out of numerous road outcrops. In this presentation, the instructor shares photos of many of his self-collected fossils over a span of 50 years.

The WVU Vaccine Development Center

Justin Bevere

Monday, Nov. 28, 12:45 - 1:45 p.m.
Zoom & Morgantown B
Kanawha Valley Schoenbaum Center ♦

The course will focus on the history and mission of the WVU Vaccine Development Center. It will start with a brief history on vaccines and therapeutics, go into some history on the COVID-19 vaccine landscape, and then discuss what the WVU Vaccine Development Center's role was during the pandemic (with industry partners as well as becoming supply chain independent as a resource for the state of WV).

Social Sciences, Political, & Current Events

The New Yorker Discussion Group

Hilary Attfield, Michael Attfield

Mondays, Oct. 3 - Nov. 28, 10:00 - 11:45 a.m.
Zoom

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.

Working Across Divides for Community Change

Eve Faulkes



Tuesday, Oct. 25, 6:00 - 7:00 p.m.
Morgantown B

This visual lecture will discuss efforts to bridge divides in our community and in other nations through collaborations that aim for actionable goals. It will show examples of listening and design methods that have had success, including those used at the last *Designing Across Divides: Co-Creating Tools for Community Change* in 2019. The designer has to be an active listener in order to mediate between a client and an audience. These human-centered design methods have sharable lessons for building empathy and trust, necessary components of change-making and opening minds. We learned some from our own mistakes.

Technology & Training

Technology Security

Michelle Klishis*



Thursday, Nov. 10, 10:00 a.m. - 12:45 p.m.
Zoom & Morgantown B
Kanawha Valley Schoenbaum Center ♦

“If you are not paying for it, then YOU are the PRODUCT.” As more of our lives become digitized, it’s important to make sure you are being safe with your electronic gadgets and online information. Anti-virus programs, malware, hacking, and identity theft all 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.



Travel with Collette

Southern Charm

featuring Charleston, Savannah, & Jekyll Island
7 Days • 9 Meals • Activity Level 2

April 23 - 29, 2023

Reservation deadline: October 16, 2022

Embrace the leisurely pace and charming allure of America's southeast as you explore cobblestone streets, historic homes and unspoiled coastline. Discover antebellum Charleston and the history of Savannah with 2-night stays in each city. Visit Charleston's City Market, one of the oldest public markets in America. Enjoy a trolley tour of Savannah's sprawling Historic District. Spend two nights at the exclusive Jekyll Island Club, once described as "the richest, most exclusive club in the world." See Jekyll Island from the water on a cruise around the Golden Isles. Experience the unique charm and singular hospitality of America's "Low Country" in South Carolina and Georgia. More information, including rates and extension options, available at <https://gateway.gocollette.com/link/1112905>

British Landscapes

featuring England, Scotland, and Wales
10 Days • 12 Meals • Activity Level 2

May 14 - 23, 2023

Reservation deadline: November 08, 2022

An adventure fit for a Shakespearean tale takes you from verdant hillsides to bustling British cities rich with culture. Explore The Athens of the North during your stay in Edinburgh. Explore the ruins of a Roman Fort during a visit to Hadrian's Wall. Enjoy medieval York and its historic Minster. Enjoy a traditional afternoon tea in a quintessential Welsh town. Personalize your tour with a choice of included excursions in Edinburgh and Oxford. See the quintessential sights of London with a local guide. Sleepy villages, grassy slopes, mountainside lakes, and cities built upon layers of history – these are the landscapes of Britain. More information, including rates and extension options, available at <https://gateway.gocollette.com/link/1112890>.

Greece Island Hopper

featuring Athens, Mykonos, and Santorini
11 Days • 13 Meals • Activity Level 2

Watch for September 2023 dates TBA

In Greece, discover a place where age-old legends and monuments intertwine with warm sunshine and island-style living. Tour Athens with a local guide. Explore the Acropolis, home to the famous Parthenon and the city's best lookout. Enjoy three days at leisure on the island of Mykonos, an Aegean paradise of sandy beaches and bustling energy. Uncover the past at the excavation site of Akrotiri. Make the most of a free day on the picture-perfect island of Santorini. From the ruins of Athens to the bright rooftops of Mykonos and Santorini – embrace the country at its best.

Christmas on the Danube

featuring a six night Danube River Cruise
9 Days • 19 Meals • Activity Level 1

November 27 - December 5, 2023

Reservation deadline: March 21, 2023

On a boat cruise along the Danube, explore charming Christmas markets and see Europe dressed in its holiday best. Join a local expert and explore historic Vienna. Float through the Wachau Valley dotted with castles and hillside houses. Visit the 900-year-old Benedictine Melk Abbey, one of Europe's largest Baroque monasteries. Enjoy a Glühwein Party – a German holiday party with mulled wine. Explore Nuremburg, home to one of the oldest and largest Christmas markets in the world. Discover Würzburg, an ancient Franconian wine town. Relax as you are transported to beloved riverside towns and delve into local holiday traditions. More information, including rates and extension options, available at <https://gateway.gocollette.com/link/1112892>

For more information, visit the trip websites or call the OLLI office at 304-293-1793.

Visit <https://www.gocollette.com/en-ca/collette-gives-you-more/faq#pacing> for a description of Collette's activity level ratings.

Instructor Biographies

Hilary Attfield, a native of Scotland and retired editor, likes to stay current with world issues and events (and gardening everywhere!). She has degrees from Aberdeen (Scotland), Warwick (England), and WVU.

Michael Attfield, originally from North London, England, likes to meet people and discuss things relative to life and living. An epidemiologist, he has degrees from Wales and WVU.

Ron Backer has written five books on film, his most recent being *Baseball Goes to the Movies*, published by Applause Theatre and Cinema Books in 2017. Mr. Backer has also contributed articles about baseball and the movies to publications of SABR. He has been an attorney in Pittsburgh for over 40 years.

Justin Bevere obtained his bachelor's degree in immunology and microbiology, as well as his MBA from West Virginia University. He has served as the Assistant Director of the WVU Vaccine Development Center since 2018. His efforts are focused on business development and industry-university collaborations to generate economic impact in the state of WV.

Rabbi Joe Blair is the religious and spiritual leader of Temple Israel in Charleston, WV. He has taught several other courses for OLLI.

***Melora Cann** has been an educator / art educator for over 40 years. She has studied art history internationally in Italy, the Netherlands, Spain, Great Britain, Germany and Mexico. She has lived and taught in the United States, Canada, Portugal (Azores), and in northern Italy, and now shares her passion for art with OLLI.

Kerri Carte is an Associate Professor and Extension Agent in Kanawha County, West Virginia, and an Assistant Director for the Family and Community Development Unit. She received her master's in social work from WVU and her bachelor's from the University of South Carolina. She has worked extensively with children and families throughout her 30 year career.

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

***Kenton Colvin** retired from WVU Student Life after 18 years. Previously, he spent 26 years in manufacturing management with six corporations, including 13 years in the mining industry. He has a Master's Degree in Industrial and Systems Engineering and has taught engineering courses for 26 years. He is vice president of the Mon Valley Railroad Historical Society and enjoys reading and teaching history.

Mary Lucille DeBerry worked for many years at West Virginia Public Broadcasting. In retirement, she has enjoyed writing poems and has several published in literary journals. Her latest book, *She Was the Girl*, rounds out a trilogy of poetry collections that includes *Bertha Butcher's Coat* and *Alice Saw the Beauty*. She has published a hand-sewn chapbook: *Frogs, Fog and Flourishes*.

Eve Faulkes was the Coordinator of Graphic Design at WVU for several decades. Her interests included typography, symbol design, and book arts, and a passion for working with communities needing a voice. Two efforts were national conferences called Designing Across Divides and a WVU course called Design for Social Impact that worked with local, state, and international clients.

Chris Haddox, PhD, is an Associate Professor of Sustainable Design at West Virginia University where his teaching efforts revolve around the Minor in Sustainable Design. His creative scholarship focuses on place-based songwriting. He spearheads efforts to bring archived field recordings of folk music from across WV into public view. His past research focused on evidence-based design of rural health care facilities.

***Jack Hammersmith** resembles an old penny: still in circulation and recognizable but of declining value. A 48 year member of the WVU History Department, where he taught U.S. and East Asian classes, he has been an active OLLI instructor since retiring in 2016. His recent classes have focused on U.S. presidents, but summer brings a change of pace.

***Rabbi Joe Hample** was born in Buffalo, educated at Harvard, and long employed at Wells Fargo Bank in California. Ordained in 2009, he worked as a full-time prison chaplain before coming to Morgantown in 2012. Now the spiritual leader at Tree of Life Congregation on South High Street, Rabbi Joe seeks to make Judaism accessible to everyone.

Robert Harrison is a retired professor and academic Dean at West Virginia State University. He earned his PhD in Educational Administration from The American University in Washington, D.C. He facilitates classes for OLLI in theatre, opera and musical theatre.

***Jim Held**, an Emeritus Prof. of Theater at WVU, claims to have learned everything at the movies. He became hopelessly addicted to all things filmic and loves to share his enthusiasm for classic and contemporary film and its history. He recently concluded a history of the movies for OLLI and hosts Film Forum.

Gerald Higa is a professor in the WVU School of Pharmacy and a clinical professor with the School of Medicine. His interest in oncology began while he was a resident at UC San Diego; substantial learning occurred during the three

Instructor Biographies

years he was at Duke University Medical Center. With a research interest in cancer at the molecular level, Higa is focused on improving the quality of life and care of the cancer patient.

***Steven Holsclaw** is a retired Petroleum Geologist after working 42 years in the oil and gas industry. He has pursued a lifelong interest in fossils, minerals, and crystals and enjoys sharing that interest with like-minded individuals.

Andrea (Andi) Hoover, MA, serves as the Families and Health Extension Agent in Greenbrier County. She has worked for WVU Extension service for over 19 years assisting youth and adults in making healthy lifestyle choices. She teaches topics such as general nutrition, diabetes, and preserving foods as well as programs related to relationship education, workplace appreciation, and stress management.

***Ed Johnson** is the creator and curator of www.mh3wv.org, a website for West Virginia Studies students and educators; he was a long time business professor and a former cast member at Walt Disney World.

Ryan Kerwin, a native of Morgantown, received a BA in Music from the Ohio University Honors Tutorial College, an MM in Jazz Performance from the Frost School of Music at the University of Miami, and is currently pursuing a Master's degree in Music Education from WVU. He currently serves as Adjunct Professor of Music at West Virginia Wesleyan College, Associate Instructor of Trumpet and Jazz Improvisation at the WVU Community Music Program, and as an Administrative Intern with the West Virginia Governor's School for the Arts and the annual Jazz Port Townsend workshop in Washington state.

***Michelle Klishis**, OLLI's professional technologist, 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.

William Koehler, DMA, has studied and practiced T'ai Chi over a period of 25 years, including the Cheng Man-ch'ing 37 posture Yang style, "Small Space T'ai Chi," and the Yang 24 posture form. He studied for five years with Robert Larsen, a student of Cheng Man-ch'ing.

Angela Lawrence is a WVU Extension Instructor and Family and Community Development Extension Agent. She earned her Master of Social Work and advanced Graduate Certificate in Integrated Mental and Behavioral Health Services from West Virginia University. Her professional efforts and educational programs address mental health, emotional wellness, and physical wellbeing.

Karen S. Long taught clinical microbiology and immunology in the WVU Medical Technology Program, where she retired as Associate Professor Emerita. After retirement, she worked as an on-call microbiology technologist at Monongalia

General Hospital. Karen loves learning about & sharing information on microbes and infectious diseases. Traveling and photography are also interests, so she enjoys sharing photos and stories with members.

Susan Martino joined OLLI in April of 2021. She is a WVU graduate with a degree in Marketing and has a 20 year career in the non-profit sector. In her free time, she loves to spend time hiking the trails and skiing the mountains of WV.

Justin G. McCrary currently serves as a DMA Conducting Candidate and Graduate Assistant with the West Virginia University Bands. Prior to his current position, he taught middle school band in North Carolina for over 10 years. He attended Appalachian State University (BM Music Education), Ohio University (MM Music Education), and he is a National Board Certified Teacher. Mr. McCrary is a member of West Virginia Music Educators Association, the National Band Association, College Band Directors National Association, and is an alumni of Phi Mu Alpha Sinfonia.

David Mould, PhD, Professor Emeritus of Media Arts and Studies at Ohio University, has traveled widely in Asia and southern Africa. Born in the U.K., he worked as a newspaper and TV journalist before moving to the U.S. He is the author of three books on history, travel and culture, the latest *Postcards from the Borderlands* (2020).

***Byron Nelson** is a retired English professor at WVU. He has taught OLLI courses on Shakespeare, opera and Broadway musicals.

Daniel Oliver is a retired lawyer who practiced law in the areas of business transactions and estate planning and taught both Business Law and Sports Law at West Virginia University for more than 30 years.

Terrill J. Peck is an Associate Professor for WVU Extension. She has been with Extension 16 years as a Families and Health Agent in Raleigh Co. She provides educational classes on a variety of topics from healthy eating, diabetes to relationship educational classes. In her role as an agent she strives to promote and encourage healthy lifestyles.

Stewart Plein is the curator of Rare Books and Printed Resources for the WVU Libraries and West Virginia and Regional History Center, as well as the managing director of the West Virginia National Digital Newspaper Project. She received her BA from Emory & Henry College and her MLIS from the University of South Carolina. Stewart's research and publishing interests include book history, bookbinding design and Appalachian Studies.

Cecil Pollard has been practicing T'ai Chi for almost five years under several different instructors. He has experience teaching this class, but doesn't consider himself an expert. He continues to take classes when possible.

Instructor Biographies

***Sumitra Reddy** grew up in India and came to the U.S. for graduate studies in Physics. She has been teaching at OLLI since 2011 to share her joy of learning various subjects ranging from history to science in that process.

Jim Rentch has been a welder, autoworker, coal miner, electrical technician, and most recently, an instructor at WVU's Division of Forestry and Natural Resources. He values utilizing the photographic resources of WVU Libraries and WV State Archives to recreate events he covers in his OLLI classes.

Susan Shaw Sailer has published three collections of poems—*The Distance Beyond Sight*, *The God of Roundabouts*, and *Ship of Light* and two chapbooks—*COAL* and *Bulletins from a War Zone*. She has taught OLLI poetry writing classes; is active in Carlow University's Madwomen in the Attic program; and before retirement was professor in the WVU Department of English.

Rosana Schafer, Ph.D., is an Emeritus Associate Professor in the WVU Department of Microbiology, Immunology, and Cell Biology who retired in February 2021. She taught introductory and advanced immunology courses to undergraduate, graduate, medical and dental students at WVU for 27 years. Her research focused on infectious disease and sexual dimorphism in the immune system.

Sarah Sentman is a certified bridge instructor, as sanctioned by the American Contract Bridge League. She has her own duplicate bridge club and teaches private lessons.

Clinton Shrewsbury is Certified Health Coach and Personal Trainer and has earned a Bachelor's of science in Dietetics from Marshall University. He has been helping others harvest healthy habits for over 20 years.

***Rae Jean Sielen** has helped individuals, families, organizations, and businesses with a wide variety of publishing projects for over 25 years. She is especially passionate about encouraging others to preserve their personal and family stories.

Crystal Smith is a teaching associate professor in the Division of Animal and Nutritional Sciences within the Davis College of Agriculture, Natural Resources and Design. Dr. Smith leads the Equine Studies program, mentors students, and manages the horse unit at the JW Ruby Research Farm. For more information about Dr. Smith or her courses, please contact her at Crystal.Smith@mail.wvu.edu.

***Richard Smosna** is an emeritus professor at WVU who has taught geology for over 35 years, presenting courses in environmental hazards, history of Earth, dinosaurs, human evolution, oceanography, and petroleum.

Catelynn Swartz is a graduate assistant for the Exercise Physiology program at WVU.

Lori Wilson, a software developer, is the author of the poetry collections *The Dream Women Called* and *House Where a Woman*, both from Autumn House Press. Her poems have appeared in journals such as *Southern Poetry Review* and *The Laurel Review*. Twice a Pushcart Prize nominee, Wilson teaches a private poetry workshop in affiliation with Carlow University's Madwomen in the Attic.

* Donotes Honor Roll instructor.

Curious About Teaching for OLLI?

OLLI at WVU draws volunteers from all walks of life to teach a wide variety of courses for adults 50 and older. Although many of our instructors are teachers, professors, or business and civic leaders, many others are community members with a desire to share their knowledge and passion with their peers.

Experience the joy of teaching free of tests and grades.

OLLI classes are offered simply for the joy of learning. Members are enthusiastic, engaged, and eager to learn. And you don't have to grade exams!

Courses are offered during fall, winter, spring, and summer terms in the areas of arts, literature, history, philosophy and religion, current events, political affairs, science, math, health and wellness, travel, and more. Courses may be from one to six sessions. Most sessions last about two hours.

Interested in teaching for OLLI? Visit our website at www.olliatwvu.org or call the OLLI office at 304-293-1793 for more information.

Volunteer for OLLI

As a non-profit membership organization, OLLI depends on the generous support of our volunteers. Volunteers are the lifeblood of our program, helping to ensure that OLLI is able to provide the highest quality courses, lectures, workshops, trips, and more for our members.

Your volunteer experience can be molded to fit your interests, talents, and schedule. All members have something to offer and are encouraged to share their time and expertise with their peers.

Volunteer opportunities include:

Instructor or presenter • Board or committee member • Office support
Project Team member • Class host • Events host or staff • Technical assistant

Visit olliatwvu.org/current-members/volunteer/, scan the QR code to the right, or call 304-293-1793 for more information.



OLLI Policies

Classroom Etiquette

OLLI instructors are volunteering their time and talents. Please be respectful of your course instructors and fellow participants by:

- staying on topic during discussions
- attending only courses for which you have registered

Exposure to new and different ideas is what OLLI is all about. We encourage you to embrace this philosophy and be respectful in classroom discussions.

Refunds

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

Weather Closings

OLLI will not hold in-person classes in Monongalia County or Kanawha County if the schools are closed or offering remote learning for the day in the respective county. OLLI may still host classes on Zoom. If you are unaware if a class you are registered for is meeting, visit olli@hsc.wvu.edu or call the OLLI office at 304-293-1793.

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.

Liability Disclaimer

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

Non-Discrimination Statement

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



5000 Green Bag Road
PO Box 9123
Morgantown, WV 26506-9123

Register online at

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OLLI at WVU - Your Next Adventure Begins Here

Fall registration begins Sept. 12

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Website: olliatwvu.org

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Benefits of OLLI Membership

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- More than 200 courses and activities per year in such areas as the arts, health and wellness, humanities, math and science, technology, and more.
- Social events
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