



# OSHER LIFELONG LEARNING INSTITUTE

## OLLI AT SOU

### Winter 2010 Course Descriptions



SOUTHERN  
OREGON  
UNIVERSITY

**Please note: One or more of these courses may present one aspect of a matter of public debate. Views expressed by the instructor/facilitator are not necessarily those of OLLI or Southern Oregon University.**

### Art and Music

#### 1 Paris in the Twenties

*Thursday, 9-10:30, Room E, 4 Sessions February 18-March 11 Harry Fuller*

Hemingway. Man Ray. Josephine Baker. Edith Wharton. Isadora Duncan. Ezra Pound. If you were an artist, you were in Paris during the 20's. What was going on? The triumphs, disasters and center of the world that was Paris 90 years ago will be discussed in this class. **Optional material:** *The Sun Also Rises* or *A Moveable Feast*.

**Harry Fuller** has spent considerable time in modern Paris revisiting sites of the 1920's events. Harry also teaches a variety of classes for OLLI.

**Class size: 50**

#### 2 Roots of Modern Art: The Realists

*Tuesday, 11-12:30, Room D, 5 Sessions January 5-February 2 Allison Renwick*

Mid-19<sup>th</sup> Century Realism was largely a reaction against the Romantic ideals of the Revolutionary Age. The Realists responded to advances in science and technology with a growing appreciation for optical fact and everyday life in the new urban environment, culminating in Impressionism (which will be the following course). PowerPoint lecture with beaucoup pictures. The class will repeat in Spring 2010 term.

**Allison Renwick** has a Master's in Art History and taught community college art history and drawing for 30 years.

**Class size: 65**

#### 3 Singing For Fun - Part II

*Wednesday, 3:30-5, Room E, 6 Sessions February 3-March 10 Gibrick/Viani*

We will be singing a diverse collection of songs, from chants and rounds to world music and four-part classical music that the instructors have enjoyed doing with groups over the past 40 years. The promise is that you will be singing at least 3-part music within the first 15 minutes.

**Joyce Gibrick** started singing harmony and arranging music in middle school, beginning with the Everly Brothers and the McGuire sisters. She went on to sing with the San Francisco Bach Choir, Pacific Mozart Ensemble, and the Oakland Symphony Choir among others.

**Sooney Viani** spent ten years teaching in international schools in Japan and Indonesia. During that time, she developed "music, movement and monkeying around," which probably best prepared her to continue sharing her love of music with the OLLI community.

**Class Size: 50**

#### **4 Breaking the Harmonic Code 1**

*Monday, 9-10:30, SCIWRKS, 9 Sessions*

*January 4-March 8*

*Robert Ross*

The title of this course is also the title of the instructor's yet unpublished book, based on 30 years of research. In the Pythagorean tradition numbers theory, geometry and music were interconnected. Supposedly, this connection broke down. However, anomalies in numbers theory and music are overcome if music and numbers are seen as two sides of the same coin. This course explores many aspects of this interconnection. You will learn how to conceptualize the entire rational-number as a musical system and vice versa. **Please note:** This class is held at Science Works. There will be no class held on 1-18-10.

**Robert Ross** graduated from the Boston Conservatory of Music. His interest in the relationships between music and mathematics began there. He performs and teaches classical guitar.

**Class size: 20**

#### **5 Breaking the Harmonic Code 2**

*Thursday, 9-10:30, Room B, 10 Sessions*

*January 7-March 11*

*Robert Ross*

This class continues where the Fall 2009 class left off. In the Pythagorean tradition, numbers theory, geometry and music were interconnected. Music and numbers are seen as two sides of the same coin. This course explores further aspects of this interconnection. You will continue learning how to conceptualize the entire rational-number as a musical system and vice-versa. **Please note** that the prerequisite for attending this class is that you took "Breaking the Harmonic Code" class offered in the Fall 2009.

**Robert Ross** graduated from the Boston Conservatory of Music. His interest in the relationships between music and mathematics began there. He performs and teaches classical guitar.

**Class Size: 20**

### **General**

#### **6 Winemaking Around the World - Part I**

*Monday, 1-3:00, SCIWRKS, 6 Sessions*

*January 4-February 8*

*Rich Kaplan*

This course will cover wines produced in France, Italy, Spain, Portugal and Germany to enhance your next wine purchase or winery visit. The last class will be an introduction to the sensory evaluation of wine. A follow-on course will cover wines of the Southern Hemisphere and United States (particularly California and Oregon). We will view lectures from a University of California-Davis introductory course in winemaking, augmented with supplemental materials. No prior wine knowledge is needed - just an interest in the subject. **Please Note:** This class is held at the Science Works. There will be no class held on 1-18-10.

**Rich Kaplan** has a long-standing interest in various aspects of wine, enhanced by living near the great wine producing areas of California. After retiring, he took extension courses offered by U.C. Davis to further his knowledge of winemaking and wine appreciation.

**Class Size: 65**

## 7 ReGardening Eden

Thursday, 9-10:30, Room A, 10 Sessions

January 7-March 11

Liberty McGeo

You will be introduced to ReGardening, an integrative gardening method requiring little watering or physical labor. It makes use of natural processes to establish permanent food gardens that replant and regenerate themselves, becoming ever more lush and abundant year after year. This course may change the way you garden and is an excellent way to become inspired for spring planting.

**Liberty McGeo** is an accomplished herbalist and gardener who was raised in a garden by a mountaineer father and an Irish greenwitch mother. Through most of her life, nearly all her food and medicine was grown on the land directly surrounding her home. Her passion is attuning to and awakening the life-force inherent within the earth, which produces the beauty and bounty that sustains us all.

**Class size: 65**

## 8 How Cannibals Cross the River

Tuesday, 9-10:30, Room C, 6 Sessions

January 5-February 9

Ken Wright

If only one of three cannibals can row, how can you get them and three missionaries across a river using a two-person boat without ever allowing cannibals to outnumber the missionaries on either side (for obvious reasons)? This and other puzzles provide a fun way to solve quantifiable problems without ever resorting to equations, trigonometry, geometry or any of those other arcane and abstract methods you have grown to know and love under the rubric of mathematics. For those who dislike math (or for those who love it and also like brain teasers), we will study 12 useful problem-solving methods. **Required material:** Bring pencil, paper and thinking machinery. Calculators will be useful but not needed.

**Ken Wright** holds a Ph.D. in Leadership. He earned the rank of full professor of mathematics at 3 colleges, teaching math courses ranging from pre-college algebra to differential equations.

**Class Size: 20**

## 9 Getting Under the Hood of Your (newer) Mac Laptop

Wednesday, 9-10:30, Room B, 4 Sessions

January 6-January 27

Nick Viani

As the title conveys, this course is for owners of late-model Macintosh laptops. Most of what will be covered applies to desktop machines as well, but they are not designed for traveling. This is definitely a hands-on class. Topics will include file management, navigating, preferences, backing up your data and regular maintenance. We will also examine some applications that ship with the new machines (iTunes, iPhoto, Safari and Mail) and download some freeware titles you simply can't live without.

**Nick Viani** is a retired educator whose final ten years of teaching were happily spent at the Southern Oregon Education Service District as part of an instructional technology team that provided assistance to teachers wishing to integrate technology into their teaching.

**Class Size: 25**

## 10 National Parks

Monday, 11-12:30, Room A, 5 Sessions

February 8-March 8

April Azary Thomas

This class will explore national parks, including Olympic, Everglades, Shenandoah, Acadia, and Big Bend Mount Rainier National Parks. Also included are Muir Woods, Pinnacles, Dinosaur, Canyon de

Chelly and Sunset Crater National Monuments, Mount Rushmore National Memorial, Gettysburg National Memorial and Padre Island National Seashore.

**April Azary Thomas** worked for the U.S. National Park Service as a volunteer, an interpretive ranger and finally as a supervisory interpreter, when she was in charge of a Visitor Center plus a staff of 60. Since leaving the park service, April has written seven nature books and is currently working on a book about the Washington Coast and Olympic Peninsula.

**Class Size: 65**

### **11 Selecting and Using a Handheld GPS Receiver**

*Tuesday, 1-3:00, Room C, 2 Sessions*

*March 2-March 9*

*Tysen Mueller*

With the increasing popularity and lower cost of GPS receivers, more people are considering owning one. In this course, find out how to select, purchase and use a handheld GPS receiver that meets your needs. Due to class size, there will be no hands-on instruction. The instructor will share his own experience in acquiring and using his receiver.

**Tysen Mueller** has a MA degree in Physics as well as more than 20 years experience as a GPS systems engineer and project manager. He has co-authored 18 GPS technical papers related to GPS applications for trains, planes and automobiles.

**Class Size: 30**

### **12 Hiking and Photographing in National Parks**

*Tuesday, 11-12:30, Room E, 5 Sessions*

*January 5-February 2*

*Ken Deveney*

See some of the less familiar trails in Western national parks: Glacier, Yellowstone, Grand Tetons, Bryce, Zion and others. Enjoy slide shows highlighting spectacular scenery, lots of flower and wildlife.

**Ken Deveney** is a retired math teacher who got his first camera in 1946. He has taught several courses at OLLI.

**Class Size: 50**

### **13 Create Your Own Blog**

*Tuesday, 11-12:30, Room D, 3 Sessions*

*February 23-March 9*

*Fuller/Doyle*

A "blog" or web log is a great way to share information, news, photos, videos, etc. on the Internet with your friends and family. Blogs are fun, free and easy to create. We will show you how easy it is by starting our own blog in class. We will cover all the steps from registering, to writing "posts," to inserting photos and videos. **Recommended pre-class reading:** <http://en.wikipedia.org/wiki/blog>.

**Required material:** Your own computer.

**Harry Fuller** is a birder, long time technophile and owner of a web site and his own birding blog. (<http://atowhee.wordpress.com>). Harry has taught several OLLI classes.

**Terry Doyle** has worked with computers since 1967 and has his blog at

<http://terrydarc.wordpress.com>. He recently taught the Islam class in Ashland and Medford for OLLI.

**Class Size: 65**

### **14 Knitting: Intermediate Level**

*Monday, 1-3:00, Room B, 8 Sessions*

*January 11-March 8*

*Kay Johnson*

Make your knitting more challenging and interesting. Learn a variety of new stitches and techniques. Specific topics will be selected by the group and may include cables, bobbles, seed stitch, yarn-over,

the use of circular needles and double-pointed needles and/or knitting with more than one color. This is NOT a Beginner's Class. Participants MUST know basic knitting stitches: knit, purl, cast on and bind off. **Required material:** Practice yarn, needles and a cable needle. **Please note:** There will be no class on 1-18-10.

**Kay Johnson** is an experienced knitter who learned to knit while in college. She has knitted many dozens of sweaters, socks, hats, etc. over the years.

**Class Size: 12**

## **15 Investing Today**

*Wednesday, 11-12:30, Room E, 10 Sessions January 6-March 10*

*Bob Phillips*

This class is for those who either manage their own money or would like to be able to intelligently discuss their objectives with a financial advisor. The topics covered will all be relevant to today's environment and include bonds, real estate, preferred and common stocks and their relationship to one another. Some material will be shown via computer projection. All members will be eligible to join an e-mail group to which the instructor will distribute topical material.

**Bob Phillips** is a retired investment manager and consulting actuary with wide international experience. He has previously taught investments at OLLI. However, all class material will be new and relevant to the dynamic changes taking place in the world investment scene.

**Class Size: 65**

## **16 Interior Design Fundamentals**

*Tuesday, 3:30-5, Room E, 6 Sessions February 2-March 9*

*Michelle Reich*

This course will cover all the areas of an interior design business, including contracts, amendments, proposals, demographics, color boards, floor plan, architecture critique, bidding, costs for materials, furniture staging within budget, time frame, communication, legal contracts and style.

**Michelle Reich** has spent the last 30 years as the owner of her own design firm in Florida with a staff of over 40. Her business won over 300 awards. She recently moved to Ashland to be close to family.

**Class Size: 30**

## **17 PowerPoint 2007 Basics**

*Wednesday, 3:15-5:15, Room D, 3 Sessions January 6-January 20*

*Allison Renwick*

Are you using PowerPoint by the seat of your pants? Would you like to be more effective and creative with PowerPoint? Come learn techniques for avoiding "Death by PowerPoint," and share ideas and "bells and whistles." This class is for both beginners and intermediate level. **Please note:** If possible, bring your laptop loaded with Office 2007 and a flash drive.

**Allison Renwick** has been teaching OLLI classes in art history and Power Point for several years.

**Class Size: 65**

## **18 Individual Employment of Institutional Investment Methodology**

*Wednesday, 3:30-5, Room A, 2 Sessions February 10-February 17*

*Gary Acheatel*

This course will instruct individuals to maximize their chances of investment success using similar investment methodologies, strategies and tactics employed by institutional investors who are regulated by law and mandated to manage funds on behalf of others. Utilizing PowerPoint slides to present historical data, we will focus on the usage of investment policy statements, financial

planning, asset allocation, efficient frontier concepts, diversified equity management, fixed income investments and portfolio monitoring.

**Gary Acheatel**, a financial advisor for over 22 years, began his career at Merrill Lynch and Morgan Stanley before becoming an Independent Financial Advisor and Investment Management Consultant. He owned several businesses and graduated UC Santa Cruz with a B.A. degree in Political Science.

**Class Size: 50**

### 19 Enjoy German!

*Thursday, 11-12:30, Room B, 10 Sessions*

*January 7-March 11*

*Udo Gorsch-Nies*

If you have a basic knowledge of the German language, you intend to travel to Germany, or you want to keep your German alive, this is the course for you! It focuses on understanding and talking German. We will discuss nouns and verbs and elaborate on words with double or similar meaning.

**Udo Gorsch-Nies** is a native of Germany. Udo studied physics in Bonn and has worked in Geneva, Switzerland, Berlin, Germany and California. Udo loves to talk about the German language, history and politics.

**Class Size: 20**

### 20 Intermediate English Country Dance

*Monday, 11-12:30, Room E, 6 Sessions*

*January 4-February 15*

*Elizabeth Hallett*

This class is for OLLI members who have done English Country Dancing in the past or have taken the OLLI series offered in 2008-2009. No partner is needed. Each dance has its own dedicated tune. The music is mostly old and charming, although music of this genre continues to be composed. This class involves physical activity and the ability to remember the dance routines. **Please note:** There will be no class on 1-18-10.

**Elizabeth Hallett** fell in love with English Country Dancing after sojourns with square dancing and contra dancing. As a nurse-educator, Elizabeth is fascinated by the role of dance in senior health in light of new findings in neuroplasticity and memory preservation.

**Class Size: 65**

### 21 Organic Vegetable Gardening

*Thursday, 11-12:30, Room E, 6 Sessions*

*January 7-February 11*

*Peggy Wines*

Get ready for your spring garden by planning it now. We will learn about what is organic, soil preparation, pests, what and how to plant.

**Peggy Wines** has been gardening since she was five. She has studied organic gardening for 30+ years.

**Class Size: 25**

### 22 Container Gardening

*Tuesday, 3:30-5, Room C, 2 Sessions*

*January 12-January 19*

*Peggy Wines*

This class will concentrate on growing in pots, tubs and planters. We will be learning about growing flowers, vegetables, shrubs and even trees in planters. Even if you have only a deck or patio, you can have a "garden".

**Peggy Wines** has been gardening since she was five. She has studied organic gardening for 30+ years.

**Class Size: 25**

### 23 Flower Gardening

Thursday, 11-12:30, Room E, 3 Sessions

February 18-March 4

Peggy Wines

Join us and learn what to plant, where and how. We will learn about ornamentals, bulbs, perennials, annuals and much more.

**Peggy Wines** has been gardening since she was five. She has studied organic gardening for 30+ years.

**Class Size: 25**

### 24 How to Use Your Digital Camera

Thursday, 1-3:00, Room E, 3 Sessions

January 7-January 21

David Vanderlip

The class will take a look at the basics of photography as well as some of the core functions and concepts that will make using your digital camera more enjoyable and more successful.

**David Vanderlip** is a professional digital photography instructor, trainer and consultant with over 25 years of experience in all areas of the photographic industry.

**Class Size: 65**

### 25 Taking Better Travel Photos

Thursday, 1-3:00, Room E, 3 Sessions

January 28-February 11

David Vanderlip

Would you like to take better pictures while traveling? We will learn some basic photography, how to control exposure and color. A brief look at composition and framing will round out the class.

**David Vanderlip** is a professional digital photography instructor, trainer and consultant with over 25 years of experience in all areas of the photographic industry.

**Class Size: 65**

### 26 Setting and Keeping New Year's Resolutions with EFT

Monday, 1-3:00, Room E, 3 Sessions

February 22-March 8

Aliza Vanderlip

The class will learn how to do Meridian Tapping Techniques and focus on New Year's resolutions and goal setting. We will cover setting goals, clearing blocks, clearing cravings and touch on Law of Attraction work.

**Aliza Vanderlip** is a Certified Professional Progressive Emotional Release (Pro-ER) practitioner as well as an NLP (Neuro-Linguistic Programming) Master with a focus on education process. Aliza works with clients nationally and internationally focusing on life transitions, personal performance and children's issues.

**Class Size: 65**

## Literature and Language

### 27 Mifune Sans Kurosawa

Wednesday, 9-12:30, Room D, 8 Sessions

January 6-February 24

Sachi Fujikawa

Toshiro Mifune is mainly known for the 16 films he made with Akira Kurosawa. However, he made numerous films with other directors, and some of his work will be shown and discussed in this course.

**Please note:** This class is 3 ½ hours long.

**Sachi Fujikawa** is a retired high school teacher. She has taught numerous OLLI classes, usually related to Asian culture.

**Class size: 65**

**28 Alice Munro: Selected Stories, Continued**

*Thursday, 3:30-5, Room B, 8 Sessions*

*January 14-March 4*

*Julia Sommer*

This will be a continuation of the Fall 2009 OLLI course on Alice Munro short stories. We will read and discuss one or two each week. **Please Note: Enrollment preference will be given to those who took the fall course.** **Required material:** *Alice Munro Selected Stories*, Vintage Books.

**Julia Sommer** is a former writer, editor and journalist for Stanford University and UC Berkeley. She has taught high school English and currently teaches GED writing at RCC. Five of her short plays have had public readings by Ashland Community Theatre.

**Class size: 20**

**29 Not the Hero: Minor Characters in Shakespeare**

*Wednesday, 11-12:30, Room C, 6 Sessions*

*January 6-February 11*

*Barbara Rosen*

During this course, we will examine the importance of servants, maids and peripheral characters, particularly the ones who seem to be tragic figures in comedies and comic ones in tragedies. You will need only a 'collected works' volume. Bring it to every class. Before the first class, select any one scene from a Shakespeare play that you really like and one that puzzles you. We will read and discuss. **Required material:** Complete edition of Shakespeare's works.

**Barbara Rosen** was born in England and studied at the Shakespeare Institute in Stratford-on-Avon where she received a Ph.D. She taught at Wisconsin and for many years at the University of Connecticut.

**Class size: 25**

**30 Interpretation of World Lit**

*Tuesday, 11-12:30, Room B, 10 Sessions*

*January 5-March 9*

*James Chambers*

This class will study Kafka, *A Country Doctor*, Sophocles, *Oedipus the King* and Dostoevsky's *Crime and Punishment* to understand the structure of the work through grasp of the author's philosophy. This will be substantiated by meeting the requirements of good theoretical thinking.

**James Chambers** is a professor emeritus of L.A. Pierce College, an agricultural college with a full complement of the humanities.

**Class Size: 20**

**31 Meet Maile Meloy**

*Tuesday, 11-12:30, Room C, 5 Sessions*

*January 5-February 2*

*Barbara Hopfinger*

"There are times a writer nails a story the way a diver nails a dive...the same economy of motion...the final clean finish...no belly flops." (quote from the New York Times review of Maile Meloy's short story collection, *Half in Love*.) Most stories are set in the west. The literary quarterly *Granta* considers Meloy one of the best of young American novelists. She focuses on big moments in small isolated lives. **Required material:** *Half in Love*, published in 2002.

**Barbara Hopfinger** taught school for 30 years. Barbara has decided that her book discussion group at OLLI is the highlight of her retirement. She welcomes lively discussion. This is the fourth class she has taught for OLLI.

**Class Size: 25**

### 32 Three OSF Plays - 2010 Season

Tuesday, 9-10:30, Room A, 6 Sessions

February 2-March 9

Annette Lewis

The class will study *Well*, *Pride and Prejudice* and *Ruined* to discover aspects of the OSF production that will enhance a viewer's experience. The class will spend two weeks on each play, culminating in a guest speaker from OSF for each show. **Optional material:** *Well* by Lisa Kron; *Ruined* by Lynn Nottage, *Pride and Prejudice* (if the script is available).

**Annette Lewis** fell in love with theatre at five when she played Gretel in kindergarten. Her passion has continued through 30 years of teaching high school theatre into retirement and ushering at the Elizabethan Theatre.

**Class Size: 65**

### 33 The Best American Short Stories

Thursday, 1-3:00, Room C, 6 Sessions

January 7-February 11

Charlie West

Each year as part of a 30-year series, a guest writer selects the "best" American short stories published during the previous year. For the 2009 collection, Alice Sebold selected stories from well-known and promising writers. We will discuss all 20 stories, concentrating on beginnings, endings, characterization and use of language. **Note:** Please read the introduction of the collection, the first three stories and the appropriate contributors' notes before the first class. **Required material:** *The Best American Short Stories 2009*.

**Charlie West** led discussions of The Best American Short Stories 2008.

**Class Size: 25**

### 34 The Remarkable Short Story

Tuesday, 1-3:00, Room C, 8 Sessions

January 5-February 23

Kathy Rosengren

Learn how and why the short story is such a complex and satisfying read. In this lecture/discussion class, we will consider the elements of plot, character, theme, setting, point of view and tone while reading a host of fine short stories, both classic and modern. Some videos may be used. **Required material:** R. S. Gwynn's *Fiction: A Pocket Anthology*, 3<sup>rd</sup> edition. **Note:** Please have the book by the first class. This text is available as a used book from Amazon for a very good price.

**Kathy Rosengren** is recently retired from 44 years of college teaching and 29 as Dean of Humanities at Solano College in California. Her teaching specialties are Shakespeare, drama and short story. She is a new Ashland resident.

**Class Size: 30**

### 35 OLLI Book Discussion Group

Tuesday, 3:30-5:30, Room C, 4 Sessions Jan 5 and 26, Feb 16, March 9

Jerry Sonnenschein

Meet every three weeks to discuss the selected book. Selections will be made by the group and will not be restricted by type but, hopefully, will be well-written books worthy of discussion. For each book one group member will be expected to volunteer to facilitate the discussion. He/she will stimulate the discussion but will not lecture. **Please note:** It is intended that this discussion group will continue through the school year. Participants in the Fall 2009 class will have priority in enrolling for this class.

**Jerry Sonnenschein** has been an avid reader all his life. He has belonged to several book clubs including one Great Books Group. He began this book group during the 2009 Fall term and led a group discussing "Fifth Business" during the 2009 Winter term.

**Class Size: 30**

**36 Film festival 3 - Marvelous Movies from Down Under**

*Friday, 1-4:00, Room D, 10 Sessions*

*January 8-March 12*

*Jerry Sonnenschein*

For more than 30 years, Australia has been producing and sending us some very wonderful films.

This course will present ten of these films. During the first session, we will put together a short list of members' favorite Australian movies to see if there should be changes in an already full schedule.

A free-ranging discussion will follow each film. **Please note:** Class is 3 hours.

**Jerry Sonnenschein** has not only seen many remarkable films, he even remembers a few of them! He has attended local film festivals and discussion groups on films and books.

**Class Size: 40**

**37 Hamlet "The Play's The Thing"**

*Thursday, 11-12:30, Room A, 10 Sessions*

*January 7-March 11*

*Suzanne Witucki*

We will attempt to pluck out the mystery of Hamlet's motivation as he broods on life in this ambiguous world and the life hereafter, pursuing truth through veils of dark uncertainty. Hamlet, born to cure the state's illness, ponders profound ideas in many beautiful lyrical passages while questioning the moral legitimacy of a ruler who affects the health of the nation. Students will volunteer to read the text. The class discussion will focus on language and meaning. **Note:** Please read the first act *Out Loud* before class. **Recommended material:** The Oxford edition of *Hamlet* edited by GB Hibbard; if using another text, be sure the lines are numbered.

**Suzanne Witucki** has taught Shakespeare for several years. She feels privileged to teach literature's best to the Valley's brightest.

**Class Size: 65**

**38 Summer Hours/ L'heure d'été**

*Thursday, 1-3:00, Room D, 2 Sessions*

*January 7-January 14*

*Liz Jackson*

This course is about a recent French film, *L'heure d'été/Summer Hours*, with background materials for this film and for French films in general. We will discuss the sense of this lovely production and how it relates to our understanding of life and art in France.

**Liz Jackson** was a professor of French language and literature at San Diego State University. At SOLIR now OLLI, she has taught courses on a number of subjects involving art and philosophy as well as literature.

**Class Size: 65**

**39 Crossovers: Elements of Mystery In Other Genre Fiction**

*Monday, 1-3:00, Room E, 6 Sessions*

*January 4-February 15*

*Lenora Clark*

The basic elements of character, setting and plot, which normally identify a story as 'mystery,' can be found in fiction or other genres. This seminar will provide an in-depth look at the factors that produce romance, suspense, historical novels, contemporary 'chick lit', westerns and others. Class members can explore unfamiliar authors and types of fiction that they might not otherwise consider for selection. Analysis and bibliography will be developed during the 6-week sequence. **Please note:** There is no class on 1-18-10

**Lenora Clark** is a storyteller and voracious reader, a former librarian and teacher who runs a monthly mystery group and is active in Tudor Guild.

**Class Size: 30**

#### 40 Awakenings through Films

Thursday, 1-4:00, Room D, 5 Sessions

February 11-March 11

Marla Estes

We will be exploring different kinds of awakenings and how they might help us wake up in our lives by watching and discussing the films *Man on a Train*, *Babette's Feast*, *Bread and Tulips*, *Life and Death in Long Island* and *The Diving Bell and the Butterfly*. Four of the five films have subtitles. **Please note:** This class is 3 hours.

**Marla Estes**, M.A. is an Ashland writer, teacher, mentor and workshop facilitator. She uses film as a lens through which to understand ourselves and others. Marla has taught film classes at the SOU Extension Program.

**Class Size: 65**

#### 41 Italian Films

Friday, 9-12:30, Room D, 10 Sessions

January 8-March 12

Marc Ratner

Italian films in the last half of the 20<sup>th</sup> Century emerged as one of the major sources of cinematic art. From the creation, during the fascist regime, of Cinecittà, a training ground for future directors, and in the post-war period with the development of neo-realism, Italian directors have made a substantial contribution to film. Neo-realism was replaced by films that dealt with the neuroses of bourgeois life and the fragmentation within the urban environment of Italy in the 1980's and 90's. Each week after we have seen the film, we will have a class discussion of our collective observations. **Please note:** This class is 3 ½ hours.

**Marc Ratner** is a retired professor from California State University where he taught courses in comparative literature. This is the second of a series of films from Europe and Latin America that Marc would like to review with a class of intelligent observers each year. He is repeating the course from the Fall Quarter for those members who could not attend that class.

**Class Size: 50**

#### 42 The Genius of Alfred Hitchcock

Friday, 1-3:00, Room A, 6 Sessions

February 5-March 12

Sybil Russell

Hitchcock was a visual artist and innovator. We will see: *Blackmail*, *The 39 Steps*, *Shadow of a Doubt*, *Notorious*, *Rear Window* and one other to be determined. These films are mostly black and white.

**Sybil Russell** is a retired English teacher who also taught film as literature. She was on the Cinema Guild Board at the University of Michigan in the 1960's.

**Class Size: 65**

#### 43 Storytelling

Monday, 11-12:30, Room B, 6 Sessions

January 4-February 15

Brent Jarrett

All of us carry our lives in our heads as a chronology, using births, deaths, jobs, awards and travel as time markers. But like a good story, life is more potent and meaningful when it leaves things out for the sake of other things left in. Even something as lengthy and rambling as our lives has a depth of meaning that correlates, ironically, with our ability to pluck from it a single incident that explains who we were and would turn out to be. This incident is our story, and to find it, remove it from the bloated body of our entire life, and refashion it as a story—independent from the chronology out of which it was born—is the objective of this course. The realization of our objective, of course, is to write down, memorize and tell this story. **Please Note:** There is no class scheduled for 1-18-10.

**Brent Jarrett** has taught college-level English for more than 35 years in London, Louisiana, Texas and New Mexico. His key interests are writing poetry, teaching, reading and running with his two dogs.

**Class Size: 25**

## Personal Development and Health

**Certain OLLI at SOU classes may explore personal experiences of an emotional nature. Those who would like to discuss special concerns further are encouraged to do so with a licensed professional in the field.**

### **44 Yoga with Chairs**

*Tuesday, 9-10:30, Room D, 7 Sessions*

*January 5-February 16*

*Lola Sonnenschein*

This is a gentle yoga class especially useful for those who have lost mobility, flexibility or balance through illness or aging. All of the standing yoga postures are achieved with the assistance of a chair. Light hand weights will be used to help strengthen the body. You will also learn some breathing and relaxation techniques in this class. **Optional material:** One blanket, one pillow and hand-held weights of 2, 3, or 5 lbs.

**Lola Sonnenschein** has been teaching Yoga for the past 14 years to people from ages 14 to 83. For the past 9 years before moving to Oregon, she worked with a small group of heart patients in a Cardiologist's office. She also has had experience in working with cancer survivors and women with MS and Fibromyalgia. Her classes consist mostly of students trying to improve their health.

**Class size: 10**

### **45 Funny Money**

*Tuesday, 3:30-5, Room B, 10 Sessions*

*January 5-March 9*

*Louie Urban Kohler*

This course is intended to be an irreverent exploration of this enormously magical and powerful force in human life and culture. Each class will begin with brief excerpts from books and videos to provoke analysis of the nature of money and its many roles in our lives, especially in the way it influences human relations with each other and the planet. The mission is no less than to break taboos, examine myths and misconceptions and to find truths about how we view and relate to money and its power.

**Louie Urban Kohler** was born into an unconventional life and early developed a fascination with finding unorthodox ways of seeing the world. An informal, anonymous and serendipitous journey of questing for hidden truths which might contradict accepted world views, led him into an unusual combination of experiences: ocean voyaging, editing for TASS news agency in Moscow, humanitarian work in war zones of Azerbaijan and Kosova, and fascination with music and foreign tongues. He doesn't know where this class will take us, but that depends on who shows up and how deeply we want to dig.

**Class Size: 25**

### **46 Music and Imagery: Pathways to the Self**

*Thursday, 1-3:00, Room B, 5 Sessions*

*January 7-February 4*

*Alexis McKenna*

Did you know that music and imagery can work together to facilitate healing, growth and transformation? In this class we will explore different aspects of self by listening to music that is nurturing, healing, inspiring and sacred. Each class will be a combination of music listening and quiet

time for integration and reflection with art and writing materials. **Please note:** Class material is cumulative. If you cannot attend all five classes, you might want to take the class at a later date. Paper and colored markers will be provided.

**Alexis McKenna** has a Ph.D. in Communications. Her special areas of interest are symbol systems, metaphors, stories and myths. She has been a licensed California counselor for 20 years and received advanced training in The Bonny Method of Guided Imagery and Music.

**Class Size: 12**

#### **47 Writing Your Life 101**

*Tuesday, 1-3:00, Room B, 8 Sessions*

*January 5-February 23*

*Judi Drais*

Don't let the story of your stories slip away unwritten. Even if you have never considered yourself a writer, you will find yourself enthusiastically recounting your life as you work through some thought-provoking, easy-to-follow writing exercises. Students will read in class what they have written at home and other class members will comment constructively on the writing. There will be minimal in-class writing. **Strongly recommended material:** *Writing Your Life* by Mary Borg ISBN 1-877673-07-2. This book is available through Cottonwood Press or Amazon.com.

**Judi Drais** is a retired middle school teacher with a M.A. in the Teaching of Writing from UC Berkeley. She has taught *Writing Your Life* at OLLI for several years.

**Class Size: 15**

#### **48 Final Arrangements**

*Tuesday, 9-10:30, Room B, 5 Sessions*

*January 5-February 2*

*Connie Battaile*

This class will outline the decisions and arrangements needed about end-of-life issues and encourage personal action so that by the end of the course each class member will have his or her affairs in better order. The class will provide information but no legal or other advice. Confidentiality is required. **Required material:** Notebook or writing pad.

**Connie Battaile** is a retired reference librarian and is now a hospice volunteer. In recent years Connie has become aware of how much a person's prudent arrangements before death can assist the survivors. She hopes that by working together on this project, each student will receive the necessary support to accomplish these important goals.

**Class Size: 8**

#### **49 Final Arrangements**

*Tuesday, 9-10:30, Room B, 5 Sessions*

*February 9-March 9*

*Connie Battaile*

This class is a repeat of Class #48 above.

**Class Size: 8**

#### **50 Aging and the Law**

*Tuesday, 3:30-5, Room D, 9 Sessions*

*January 12-March 9*

*Philip Wile*

This course will deal with the legal tools with which to deal with aging and death, including Health Care Directives, Powers of Attorney, ownership of property (title) and effects, basic principals of relevant tax law, wills and probate, Living Trusts and their advantages and disadvantages, elder abuse and death with dignity. Emphasis will be on Oregon law.

**Philip Wile** graduated from Stanford Law School and became a member of the California Bar Association. He practiced law in Fresno, California. In 1987 he became Professor of Law at McGeorge School of Law until he retired.

**Class Size:** 40

### **51 Profile Your Life**

*Friday, 1-3:00, Room B, 10 Sessions*

*January 8-March 12*

*Joseph Iverson*

We will explore a few basic ideas for profiling the days gone by. At home we write about our family, home, hometown, school, travels, good times and sorrowful times in the form of short stories, sketches, memoirs, journals, poems, etc. In class, we will share our writings and get constructive feedback from classmates. The intent of this class is to spice up our writings for our audience and our own enjoyment. We encourage each other to continue in this creative undertaking, and we don't miss an opportunity to reminisce a bit. It's therapeutic.

**Joseph Iverson** is a retired teacher who has a Master's Degree in German and English. He taught in high school and junior college for 32 years.

**Class Size:** 20

### **52 The Well-Cultivated Mind**

*Tuesday, 1-3:00, Room E, 4 Sessions*

*January 5-January 26*

*Rich Lang*

This class of seminars is designed to assist life-long learners to expand their intellectual and cultural horizons through asking the great questions of life as we explore the literature, history and philosophy. This three-part series of seminars is offered sequentially during the Winter 2010, Spring 2010 and Fall 2010 quarters.

**Rich Lang** is the Executive Director of Omega House, a culturally diverse and globally inclusive spiritual life center and creative learning community that assists university students and adult learners.

**Class Size:** 25

### **53 7 Faces of the Soul**

*Friday, 1-3:00, Room E, 8 Sessions*

*January 8-February 26*

*Alexis McKenna*

"The soul is a being—living and vibrant. It is with you from the moment of death to the moment of birth, and all the time in between. It has 7 faces; each of these comes to you and gives you its many gifts—not verbally—but metaphorically and symbolically." In this class, we will read about the 7 faces of the soul and then explore each of them through art, music and dialogue. Our purpose is to become more personally aware of each of the specific faces so that we might interact with them more consciously and directly. **Please Note:** Class material is cumulative. If you cannot attend all 8 classes, you might want to take the class at a later date. Paper and colored markers will be provided. Those who prefer to use their own art materials are welcome to bring them. **Prerequisite:** Has previously taken the class: Music and Imagery: Pathways to the Self.

**Alexis McKenna** has a Ph.D. in Communication. Her special areas of interest are symbol systems, music-generated imagery, metaphor and story. She has been a licensed California counselor and university instructor for 20 years and has been trained in The Bonny Method of Guided Imagery and Music.

**Class Size:** 12

#### **54 Rekindling the Flame: Relationship Tools for Everyday Bliss**

*Thursday, 11-12:30, Room C, 5 Sessions*

*January 7-February 4*

*Joy Hosey*

Find yourself feeling stuck in never-ending patterns with your partner? Wondering how to revive and thrive again? Want some practical guidance and tools for deepening intimacy? This interactive and experiential class will explore relationships from the inside out, covering topics such as The Art of Appreciation, Battle & Communication (the ABC's), as well as common relationship snafus and what to do about them!

**Joy Hosey** is a gifted Relationship Coach, teacher and healer who has devoted over 25 years to mind-body-soul practices that support conscious living and loving. A masterful communicator, she weaves together elements from many modalities, offering insight and clarity in an accessible manner.

**Class Size: 25**

#### **55 The Sole of Wellness: Reflexology for Health & Well-Being**

*Tuesday, 1-3:00, Room D, 2 Sessions*

*January 5-January 12*

*Joy Hosey*

Discover what your feet are telling you about your health! Reflexology is an ancient hands-on modality that harmonizes health and well-being through precise points found in the maps of the feet and hands. In this introductory presentation, come learn some basic self-care techniques that can also be applied to others. Bring your questions, curiosity and be prepared for a toe-wiggling good time!

**Joy Hosey** is a Certified Reflexologist, teacher and healer who is passionate about sharing the practical wisdom of reflexology with others as a tool for self-healing and empowerment.

**Class Size: 25**

#### **56 Nutrition for Success**

*Tuesday, 11-12:30, Room A, 2 Sessions*

*January 5-January 12*

*Carrie Mackerwicz*

Kick off the New Year with an inspiring burst of information health and vitality. This class will demystify the myriad of conflicting nutrition trends with sound information for achieving high energy levels, longevity, weight loss, immune strength and mood balance. Both theoretical information and practical food prep ideas will be given. Class will be in the form of lecture with open discussion and questions.

**Carrie Mackerwicz** is a certified holistic nutritional counselor, life coach, author and wellness educator. She received her training at The Institute of Integrative Nutrition in Manhattan, Coach for Life in San Diego and she is currently working towards a master's degree in nutrition under the renowned Gabriel Cousens, M.D.

**Class Size: 65**

#### **57 What is Enlightenment?**

*Wednesday, 11-12:30, Room A, 10 Sessions*

*January 6-March 10*

*Ralphe Wiggins*

What is enlightenment? How do you approach it? We will study the effectiveness of various pathways to enlightenment. In addition, we will examine ideas from Christian, Islam, Hindu and Buddhist mystics including current ideas such as regression, life-between lives therapy and consciousness calibration. By the end of this course, you will have a better understanding of enlightenment as well as learning resources and practices for your own advancement.

**Ralphe Wiggins** is an aspiring mystic whose primary teacher is David R. Hawkins, ably supported by Byron Katie, Teresa of Avila, Sri Ramakrishna, Patanjali, the Gospels and the Bhagavad Gita. Prior to

retiring to Ashland, he worked as a data analyst in the oil patch and on the internet, a career launched from M.I.T. and finished at Yahoo!.

**Class Size: 65**

**58 Winning at Aging—Use It, Lose It or Lower the Bar**

*Tuesday, 3:30-5, Room E, 2 Sessions*

*January 5-January 12*

*John Kalb*

This class will explore the art and science of successful aging integrating: spiritual fulfillment, social engagement, financial resourcefulness, brain/neuro-plasticity, physical activity, nutritional supplementation and lower carbon diet. We will address personal challenges including self-sabotage, happiness and the overlap of enlightened self-interest and helping others. Class participation, self-assessment and pursuing resources for further study will be encouraged.

**John Kalb** has a Masters in Developmental Biology as well as a Doctor of Chiropractic degree. He has taught numerous workshops and classes for the public as well as at the college level. He is the author of *Steamed Greens for the Spirit*.

**Class Size: 20**

<b>Science and Technology</b>
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**59 From The Big Bang Until Present**

*Monday, 11-12:30, SCIWRKS, 9 Sessions*

*January 4-March 8*

*Budd Gottlieb*

This course will explore the ultimate cosmological event—The Big Bang. We will relive those historical events, traveling through space and time, view the wonders of space, give meaning to such phrases as the Milky Way, Galaxies, Red Star, etc. as we try to find our place in the University. The class will view the History Channel's spectacular graphics and try to learn the meaning of it all.

**Please Note:** This class is held at the Science Works. There will be no class on 1-18-10.

**Budd Gottlieb** is a graduate of the University of Michigan and Harvard University. He is a retired Optometrist. He was a meteorologist in WWII and loves science.

**Class Size: 65**

**60 Physics for Nonscientists: The Physics and Humanity of Richard Feynman**

*Tuesday, 9-10:30, Room E, 9 Sessions*

*January 12-March 9*

*John Johnson*

Remember the Challenger disaster and the physicist who embarrassed NASA with his simple demonstration of the failure of the "O ring" from the booster rocket? That was typical of Richard Feynman's ability to make complex physics simple. Some physicists regard Feynman as the finest physicist of the second half of the 20<sup>th</sup> Century. Gleick's very readable biography of Feynman shows the humanity of this Nobel Prize winner, prankster, educator and bongo player while presenting the new physics of the 20<sup>th</sup> Century. The biography also tells the incredible love story with his first wife. **Note:** Please read the section "Far Rockaway" (but skip the "Prologue") before the first class.

Please do not miss the first class. **Required material:** *Genius* by James Gleick, ISBN 0-679-40836-3.

**John Johnson** learned about Feynman in 1965 in a series of films of lectures he had given at Cornell in 1964. His brilliant insights and swaggering, yet folksy, manner impressed John greatly. He displaced Chicago Cub Ernie (Let's play two!) Banks as his hero. Later readings revealed his deep humanity, humility and empathy as well as an iconoclastic attitude that didn't suffer fools gladly.

**Class Size: 65**

**61 Oregon Rocks!***Thursday, 11-12:30, Room D, 6 Sessions**January 7-February 11**Marjorie Ratner*

Oregon was not always here. How did the high peaks and valleys and splendid coast lines make their appearance? We will look at the dynamic geologic forces creating the lands we see today and that form our high deserts, mountains, lakes and shores. Still evolving, Oregon moves to the varying rhythms of plate tectonics and geologic time. Lecture, slides, maps and two videos will form our course with questions and discussion welcome.

**Marjorie Ratner** taught English for 25 years, volunteered as a docent for 8 years at a California wildlife center and then studied California geology. Here in Oregon, she taught over half-a-dozen courses in geology, leading related local walks and is now part of OLLI's Forensic Lab team. She is passionate about geology.

**Class Size: 65**

<b>Social Science and History</b>
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**62 Women of the Supreme Court***Tuesday, 1-3:00, Room D, 4 Sessions**January 19-February 9**Judith Corbin*

Come join us to consider the historical importance of the three women Supreme Court justices: Sandra Day O'Connor (retired), Ruth Bader Ginsburg and Sonia Sotomayor. Their personal stories, professional backgrounds and contributions to equality under the law will be discussed.

**Judith Corbin** is a former federal prosecutor, trial attorney and adjunct professor. She grew up in the Chicago area and has lived in the West most of her life.

**Class Size: 25**

**63 The Iranians: Earlier History and Religion***Tuesday, 1-3:00, Room A, 10 Sessions**January 5-March 9**Ean Roby*

Modern Iran grows out of a long, complex history. This course examines the history and religious practices of Iran (Persia) from its beginnings into the medieval period and beyond. Topics include: Zoroastrianism; Achaemenid, Parthian and Sassanid Empires; Muslim and Mongol conquests; Safavid rule and the rise of Shi'ism.

**Ean Roby** is a Professor Emeritus at Ohlone College.

**Class Size: 65**

**64 Israel/Arab Conflict...The Challenge for Peace***Wednesday, 3:30-5, Room A, 5 Sessions**January 6-February 3**Gary Acheatel*

This class will be a presentation and discussion format, beginning with the roots of the Israel/Arab conflict, attempts at the peace process over the past 50 years, and myths versus facts. It will include the current challenges from an Israeli perspective that must be overcome to achieve peace. Topics to be investigated include: What is Zionism?; The Religious Factor in the Conflict; Are the Jewish settlements in the disputed territories the true cause of the problem?; Is Israel a "colonizing, Apartheid-like state"?; the role Radical Islam and Pan-Arabism play in preventing peace; and why outsiders to the conflict become the unwitting targets of media bias.

**Gary Acheatel** will facilitate this course along with speakers Stan Shulster, Rabbi Jackie Brodsky, Susan Wilson and Rabbi David Zaslav. Gary Acheatel lived in Israel for six years, served in the Israel Defense Forces, and maintains dual citizenship. Stan Shulster was born in Holland and fled to

the U.S. in 1939. He is a business and trial lawyer and was a Lieutenant Commander in the U.S. Naval reserve. Rabbi Jackie Brodsky is the rabbi of Mayim Shalom on the Oregon Coast and a Hospice chaplain at Asante Health System. She also organizes and leads trips to Israel. Rabbi David Zaslow is the spiritual leader of Ashland's Havurah Shir Hadash. He has traveled on peace missions to Israel and the territories.

**Class Size: 65**

**65 First Peoples of the West**

*Monday, 1-3:00, Room D, 9 Sessions*

*January 4-March 8*

*Suzanne Marshall*

This will be a survey of the history of Native Americans in Oregon, California, the Great Basin and the Southwest. It explores the environmental practices, culture, politics, economy and society of selected indigenous groups. Who were the First Peoples, what were their lives like, and where are they now? **Please note:** There will be no class on 1-18-10.

**Suzanne Marshall** is a former professor of history. She taught S.E. Native American History, Environmental History and other courses for 18 years.

**Class Size: 65**

**66 Abraham Lincoln: A History**

*Friday, 1-3:00, Room C, 8 Sessions*

*January 22-March 12*

*Jan Lofthouse*

This lecture class will offer a comprehensive review of Abraham Lincoln's life. It will cover Lincoln's relationship with his family, his education and his marriage. It follows his early political life, his years as a lawyer and his election as our sixteenth president. We will look at Lincoln's political strategy in selecting several of his political adversaries to serve in his cabinet, as well as discuss the personalities of these. Finally, we will look at Lincoln as statesman during the war years, his and the country's struggle with slavery and ultimately his assassination in 1865. **Optional texts:** *Lincoln* by David Herbert Donald; *Team of Rivals: The Political Genius of Abraham Lincoln* by Doris Kearns Goodwin; *A. Lincoln* by Ronald C. White, Jr.

**Jan Lofthouse** is a former trial and appellate attorney. She previously taught the U.S.A. Patriot Act and a course on Lincoln at OLLI.

**Class Size: 25**

**67 Alexis de Tocqueville: Insights and Prescience in Regard to America**

*Tuesday, 11-12:30, Room C, 4 Sessions*

*February 16-March 9*

*Gerry Cavanaugh*

Alexis de Tocqueville's masterpiece, *Democracy in America* (first English translation, 1835) was from the beginning a conjurer's stone of a book. That is, it is so rich and informed and opinionated and personal—and—prescient—that it provided, and still provides, a wealth of material for diverse interpretations. Attendees should read the second volume of *Democracy in America*. As for his predictions, in today's America, where the top 1% have more wealth than the bottom 90%, note his warning: "The friends of democracy should keep their eyes anxiously fixed on the (capitalist) manufacturing aristocracy; for if ever a permanent inequality of conditions and aristocracy again penetrate into the world, it may be predicted that this is the gate by which they will enter." More to ponder. **Optional material:** *Democracy in America*, Volume II, Vintage Ed.

**Gerry Cavanaugh** is a retired professor from U.C. Berkeley where he taught European History and Social Theory.

**Class Size: 25**

**68 "Carry Me Back to Ol' Virginny": The American Civil War in the Mid-Atlantic Region**  
*Monday, 1-3:00, Room A, 9 Sessions January 4-March 8 Michael Jasperson*

Although the American Civil War took place over a vast expanse of territory, the "Mighty Scourge" of the war was felt most cruelly in the 100-mile long corridor separating the two national capitals at Washington, D.C. and Richmond, Virginia where between 1861 and 1865 some 90 battles were fought as mighty armies ranged back and forth over bitterly contested territory. Learn about this great struggle from several brilliant lectures by Dr. Gary Gallagher of the University of Virginia made for the Teaching Company, augmented by selected episodes from Ken Burns' award-winning "Civil War" TV series. **Recommended material:** James M. McPherson, *The Battle Cry of Freedom*, paperback edition. **Please note:** There is no class on 1-18-10.

**Michael Jasperson** taught at the United States Naval Academy for 34 years. He holds a Ph.D. from Georgetown University. At the Naval Academy he taught courses in modern history as well as courses in English literature, modern drama and Shakespeare Studies. He has taught several courses for OLLI since moving to Ashland in 1993.

**Class Size: 65**

**69 "Carry Me Back to Ol' Virginny": The American Civil War in the Mid-Atlantic Region**  
*Thursday, 1-3:00, Room A, 9 Sessions January 7-March 4 Michael Jasperson*

This class is the same as the one above. **Please note:** There will be no class on 1-21-10.

**Class Size: 65**

**70 Great Decisions 2010 - A Discussion Group**  
*Wednesday, 11-12:30, Room B, 7 Sessions January 27-March 10 Anita Nevison*

This is a discussion group, not a lecture series, using the Foreign Policy Association's Great Decisions 2010 materials. Each meeting begins with a 25-minute interview on DVD with two experts on the day's topic, followed by our own group discussion. Our purpose is to deepen your knowledge and understanding of timely foreign policy issues. Topics in 2010 are Special Envoys, Preventing Genocide, Global Crime, U.S.-China Security Relations, Global Financial Crisis, Russia and Its Neighbors, The Persian Gulf and Peace building and Conflict Resolution. **Required material:** *Great Decisions 2010 Briefing* book which will be provided by the instructor in class for \$16.00 each.

**Anita Nevison** has participated in four previous Great Decisions discussion groups including facilitating a 2009 course at OLLI. She has an M.A.T. from Harvard Graduate School of Education. Timothy Wohlforth and Elaine Heiman will assist her as facilitators.

**Class Size: 18**

**71 The Ideas of Nonviolence-From Ghandi to Singer**  
*Tuesday, 5-6:30, Room A, 8 Sessions January 5-February 23 David Lefkowitz*

"If peace is what every government on earth says it seeks and if peace is the yearning of every heart, then why aren't we studying it in schools?" From these words we begin an exploration of the ideas of nonviolence. We do this by reading, thinking about and discussing short essays by prominent and less well-known people such as Schweitzer, del Vasto, Ghandi, Dorothy Day, Martin Luther King, Jr., Roodkowsky, Berrigan, Tolstoy, Thoreau and Singer.

**David Lefkowitz** is currently teaching social studies at South Medford High School. He is a former lawyer, US Peace Corps volunteer and World Bank consultant.

**Class Size: 30**

**72 Governments in Crisis: Understanding State and Local Government Finance in Oregon**  
*Monday, 11-12:30, Room D, 8 Sessions*                      *January 11-March 8*                      *Tam Moore*

Oregon's state government revenue is off \$4 billion; schools cut instruction days and laid off teachers. County services, including libraries, were cut back or flat closed down. Some cities struggle, others are fine. What's going on? We will learn the basics, then some options for providing government services. Professionals in state and local finance will be guest presenters. **Please note:** There will be no class on 1-18-10.

**Tam Moore** is a semi-retired journalist who has covered state and local government and natural resource issues in California and Oregon. He is the author of a couple of travel books and a local history book. He is a former Jackson County Commissioner. For the past 42 years he has been a resident of Medford. He would like you to understand how Oregon's finances work, so you can better participate in critical decisions that face state and local governments.

**Class Size: 60**

**73 Maritime Tales from the State of Jefferson and West Coast**  
*Tuesday, 11-12:30, Room A, 5 Sessions*                      *February 9-March 9*                      *Dennis Powers*

For history and maritime enthusiasts, this course presents the inside stories and rare images of standout area topics. You will learn about the 1964 tsunami that crashed down the U.S. West Coast and destroyed Crescent City, the worst tsunami in U.S. history; next, the discovery and controversies of the gold-bearing side-wheeler, the *S.S. Brother Jonathan*, lost for over 125 years near the Oregon border and finally discovered by a Medford resident. We will discuss the nearby St. George Reef Lighthouse, followed by the infamous ship wreckers or salvagers of old. These presentations have been given at SOU as part of the University's Siskiyou Lecture Series.

**Dennis Powers**, J.D., M.B.A. has researched and written about the presented topics with books, newspaper and magazine articles, the Oregon Encyclopedia and stories for Jefferson Public Ratio's "As It Was: Tales from the State of Jefferson." A Professor Emeritus at SOU and long-time area resident, he loves to share his passion for history, this region and the sea.

**Class Size: 65**

**MEDFORD CLASSES START ON NEXT PAGE.**

## Medford Classes

Please note that all Medford OLLI Classes are held in the Higher Educational Center (HEC) in Room 226 located at 101 South Bartlett Street.

### 74 Israel/Arab Conflict - The Challenge for Peace

Thursday, 3:30-5, HEC226, 5 Sessions

January 7-February 4

Gary Acheatel

This class will be a presentation and discussion format, beginning with the roots of the Israel/Arab conflict, attempts at the peace process over the past 50 years, and myths versus facts. It will include the current challenges from an Israeli perspective that must be overcome to achieve peace. Topics to be investigated include: What is Zionism?; The Religious Factor in the Conflict; Are the Jewish settlements in the disputed territories the true cause of the problem?; Is Israel a "colonizing, Apartheid-like state"?; the role Radical Islam and Pan-Arabism play in preventing peace; and why outsiders to the conflict become the unwitting targets of media bias.

**Gary Acheatel** will facilitate this course along with speakers Stan Shulster, Rabbi Jackie Brodsky, Susan Wilson and Rabbi David Zaslow. Gary Acheatel lived in Israel for six years, served in the Israel Defense Forces, and maintains dual citizenship. Stan Shulster was born in Holland and fled to the U.S. in 1939. He is a business and trial lawyer and was a Lieutenant Commander in the U.S. Naval reserve. Rabbi Jackie Brodsky is the rabbi of Mayim Shalom on the Oregon Coast and a Hospice chaplain at Asante Health System. She also organizes and leads trips to Israel. Rabbi David Zaslow is the spiritual leader of Ashland's Havurah Shir Hadash. He has traveled on peace missions to Israel and the territories.

**Class Size: 45**

### 75 Backpacking in Your 60's

Thursday, 1-3:00, HEC226, 3 Sessions

February 4-February 18

Tysen Mueller

Have you backpacked in your younger years? Are you interested in exploring this great pastime? Are you aware of the new backpack technologies, such as lightweight equipment, trekking poles, GPS receivers and trip planning software? Come join us in exploring the exhilaration of backpacking in the Pacific Northwest in areas such as the Marble Wilderness, Russian Wilderness and Sky Lakes Wilderness.

**Tysen Mueller** is a retired engineer who started backpacking again at age 66 after a 10-year hiatus. He will describe his gear and experience in completing a 50 mile, 6-day, backpacking trip on the Pacific Crest Trail.

**Class Size: 30**

### 76 Individual Employment of Institutional Investment Methodology

Thursday, 3:30-5, HEC226, 2 Sessions

February 11-February 18

Gary Acheatel

This course will instruct individuals to maximize their chances of investment success using similar investment methodologies, strategies and tactics employed by institutional investors who are regulated by law and mandated to manage funds on behalf of others. Utilizing power point slides to present historical data, we will focus on the usage of investment policy statements, financial planning, asset allocation, efficient frontier concepts, diversified equity management, fixed income investments and portfolio monitoring.

**Gary Acheatel**, a financial advisor for over 22 years, began his career at Merrill Lynch and Morgan Stanley before becoming an Independent Financial Advisor and Investment Management Consultant. He owned several businesses and graduated UC Santa Cruz with a V.A. degree in Political Science.

**Class Size: 45**

### **77 Investing Today**

*Tuesday, 11-12:30, HEC226, 10 Sessions*

*January 5-March 9*

*Bob Phillips*

This class is for those who either manage their own money or would like to be able to intelligently discuss their objectives with a financial advisor. The topics covered will all be relevant to today's environment and include bonds, real estate, preferred and common stocks and their relationship to one another. Some material will be shown via computer projection. All members will be eligible to join an e-mail group to which the instructor will distribute topical material.

**Bob Phillips** is a retired investment manager and consulting actuary with wide international experience. He has previously taught investments at OLLI. However, all class material will be new and relevant to the dynamic changes taking place in the world investment scene.

**Class Size: 45**

### **78 Compassion for Healing in Grief**

*Monday, 1-3:00, HEC226, 4 Sessions*

*January 4-February 1*

*Judy Miller*

When someone you know or love dies, it can be hard to know what to say or do and even harder to understand your often complex and painful thoughts and feelings. The class will talk about what grief is, how to talk about it and the steps involved in the healing process. **Please note** there will be no class on 1-18-10.

**Judy Miller** is a volunteer-trained grief companion. She facilitates bereavement groups with WinterSpring Center for Transforming Grief and Loss in Medford and Ashland. Judy is a realtor with Coldwell Banker. She has taught Stephen Ministry for lay caregivers in her church and is a former teacher.

**Class Size: 45**

### **79 A Book; A Project; A Community of Others**

*Friday, 11-12:30, HEC226, 10 Sessions*

*January 8-March 12*

*Joan Enoch*

This class will start by reading Nicholas Kristof and Sheryl WuDunn's Book *Half the Sky-Turning Oppression into Opportunity for Women Worldwide*. We will discuss our paths and processes and learn about each other choosing individual projects and a joint endeavor that will develop as the class matures. As we can, we will bring in inspiring people to discuss what they are doing to be a small part of the solutions in these trying times. Let's see if we can make a small difference together.

**Joan Enoch M.D.** is a psychoanalytically-trained psychiatrist who is currently working at Jackson County Mental Health Center. She has spent the last few years working with retirees in an OLLI-type school in Florida. Joan will facilitate this class.

**Class Size: 45**

### **80 Literature of the Holocaust**

*Tuesday, 1-3:00, HEC226, 8 Sessions*

*January 5-February 23*

*Andreas Goldner*

This course will be a reading and discussion course. It will focus on selected literature of the holocaust both fictional and non-fictional. The participants will be expected to read a book per week and be ready to discuss the content at the class meetings.

**Andreas Goldner** is a holocaust survivor. He came to the USA in December 1938 and left Germany on "Kristal Nacht". He has a Ph.D. in Physiology and Biophysics. His avocation is European History particularly of the Holocaust.

**Class Size: 45**

### **81 Harnessing the Power of Touch**

*Monday, 1-3:00, HEC226, 3 Sessions*

*February 8-February 22*

*Anne Bellegia*

Touch is perhaps one of the most underutilized senses among Americans. PowerPoint slides and DVD's will address the physiology and health benefits of increased access to touch, and there will be discussion of both informal and formal ways to tap this sense. Useful handouts will include the experimental evidence for the benefits of receiving/giving touch, guideline on how to select a touch therapist, description of various massage modalities, and step-by-step descriptions of self massage and partner massage routines, including modifications for those who are medically frail.

**Anne Bellegia** received a degree in General Science from Penn State University. She is a former marketer of numerous prescription and OTC female healthcare products and is now a consultant in the healthcare industry. She has taken the concept of "learning, just for the fun of it" to heart and recently became a licensed massage therapist, applying this training as a volunteer doing hospice massage.

**Class Size: 45**

### **82 How to Use Your Digital Camera**

*Friday, 1-3:00, HEC226, 3 Sessions*

*January 8-January 22*

*David Vanderlip*

The class will take a look at the basics of photography as well as some of the core functions and concepts that will make using your digital camera more enjoyable and more successful.

**David Vanderlip** is a professional digital photography instructor, trainer and consultant with over 25 years of experience in all areas of the photographic industry.

**Class Size: 45**

### **83 Demystifying Chinese Medicine**

*Wednesday, 9-10:30, HEC226, 8 Sessions*

*January 6-February 24*

*Clark Zimmerman*

Traditional Chinese medicine is an ancient healing system that focuses on balance as the primary method to achieve and maintain good health. Though it is becoming increasingly popular in the West, many people still know little about this very effective health care system. This class will explore the basic theory and practices of Chinese medicine including: Yin and Yang, the five elements, the eight principles, simple pattern differentiation, acupuncture, Chinese herbalism and dietary therapy.

**Optional material:** *Between Heaven and Earth* is published by Redwing Press.

**R. Clark Zimmerman** describes himself as a child in a grown-up's body. He enjoys looking at Chinese medicine as a living, dynamic system that can have a very positive influence on every aspect of a person's life.

**Class Size: 45**

### **84 "Green" Literature: Environmental Writing from Thoreau to Dickinson to Kingsolver**

*Monday, 11-12:30, HEC226, 8 Sessions*

*January 4-March 1*

*Laura Baden*

What is "green literature"? Also known as environmental writing, green literature is writing inspired by nature. We will read and discuss essays by Native American writers, excerpts from John Muir's journals, poems by Emily Dickinson and works by Emerson, Whitman, Carson, Leopold and Kingsolver.

Come and discover these natural (literary) treasures. **Required material:** *American Earth: Environmental Writing Since Thoreau*, Bill McKibben, ed. **Please note:** There will be no class on 1-18-10.

**Laura Baden** was an adjunct faculty member of Loyola University's Continuum Program, where she offered courses in Caribbean literature, Middle Eastern and North African Women's Memoirs and "Green" Literature. Her interests include modern global literature, especially by newly published or translated indigenous writers of emerging nations.

**Class size: 18**

### **85 Nutrition for Success**

*Wednesday, 11-12:30, HEC226, 2 Sessions January 6-February 13 Carrie Mackerwicz*

Kick off the New Year with an inspiring burst of information health and vitality. This class will demystify the myriad of conflicting nutrition trends with sound information for achieving high energy levels, longevity, weight loss, immune strength and mood balance. Both theoretical information and practical food prep ideas will be given. Class will be in the form of lecture with open discussion and questions.

**Carrie Mackerwicz** is a certified holistic nutritional counselor, life coach, author and wellness educator. She received her training at The Institute of Integrative Nutrition in Manhattan, Coach for Life in San Diego and she is currently working towards a master's degree in nutrition under the renowned Gabriel Cousens M.D.

**Class Size: 45**

### **86 National Parks**

*Tuesday, 9-10:30, HEC226, 5 Sessions February 9-March 9 April Azary Thomas*

This class will explore national parks, including Olympic, Everglades, Shenandoah, Acadia, and Big Bend Mount Rainier National Parks. Also included are Muir Woods, Pinnacles, Dinosaur, Canyon de Chelly and Sunset Crater National Monuments, Mount Rushmore National Memorial, Gettysburg National Memorial and Padre Island National Seashore.

**April Azary Thomas** worked for the U.S. National Park Service as a volunteer, an interpretive ranger and finally as a supervisory interpreter, when she was in charge of a Visitor Center plus a staff of 60. Since leaving the park service, April has written seven nature books and is currently working on a book about the Washington Coast and Olympic Peninsula.

**Class Size: 45**

### **87 The Brain**

*Friday, 9-10:30, HEC226, 4 Sessions January 8-January 29 Michael Gandy*

To allow us to move on to a ramble through higher order brain function, this course quickly reviews previously covered brain anatomy and physiology. Is love at first sight, or at least lust, a myth? Did you know that within 0.2 seconds you have decided whether someone is attractive to you? This attraction valuation involves both bottom-up sensory and top-down higher order processing. This is a huge subject so be prepared to share what most fascinates you about our brains and minds.

**Michael Gandy, L.Ac**, is a second-generation licensed acupuncturist and herbalist. He lived and studied medicine in China. He was a professor at medical school and is currently involved in biophysics research on the biophysical mechanisms of acupuncture.

**Class Size: 45**

**88 Keeping Your PC Computer Trouble Free**

*Thursday, 11-12:30, HEC226, 4 Sessions January 7-January 28*

*Shannon Rist*

Solve everyday computer problems and keep the bad guys out. Remove spyware and viruses. Eliminate pop-ups and spam. Learn to spot email hoaxes. Manage cookies, temporary files and web browser preferences. This class will be taught in a language you can understand. This may just be the first "fun" computer class you have ever taken!

**Shannon Rist** has been performing professional technical training since 2000. Large clients have included LandAmerica, the US Army, EDS and Nike, but she also performs one-on-one personalized training. She is currently training independently and pursuing a Masters in Educational Technology.

**Class Size: 30**

**89 Choices**

*Thursday, 9-10:30, HEC226, 3 Sessions January 7-January 21*

*Ken Wright*

Whether it is about what stock to buy, whom to marry, what dress to wear, what team to root for, or even when to get out of bed, our own emotions in reaction to the fear of uncertainty are the biggest obstacles we face in making choices. This course will address the question of how best to manage our unthinking tendencies enabling us to make the best decisions possible. Optional text: *The Sky's the Limit* by Dr. Wayne Dyer.

**Ken Wright** is a three-time college president and executive director of a state-wide system of colleges. He has taught decision making to graduate-level students at Rutgers University and to freshmen at four different colleges.

**Class Size: 25**